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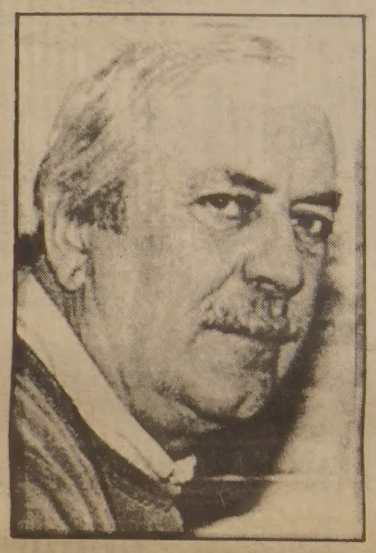
Defining passion

Munroe wins vote

By DAVE BARNHARDT
Staff Writer

Bill Munroe, an instructor in computer literacy courses and a full-time staff member at Niagara College for 29 years, has been elected the new faculty representative for the Niagara College Board of Governors.



BILL MUNROE

The election ended yesterday with the tallying of the 135 ballots which were cast over the three days of voting.

Munroe will take office in September and serve a three-year term.

Running in the election along with Munroe was Craig McKay, a professor in the English department. Both were unavailable for comment at press time.

"There was a strong turnout," said Helene Moscato, board secretary.

Moscato said ballots will be held until next Friday when they will be destroyed. Candidates are given five business days to appeal the vote.

The election for student representative on the board of governors ended with the acclamation of Student Administrative Council president Don Woodruff last week.

Strategic attack on student debt

Money troubles

By CARRIE WHITE
Staff Writer

Money is hard to come by. Debt isn't.

Niagara College's three campuses will be holding Canadian Imperial Bank of Commerce (CBIC) Ontario Student Assistance Plan (OSAP) exit workshops on Feb. 17.

The three workshops were developed by Elaine Grandmaison, associate registrar, working with Ara Merzikian, a relationship representative for the CIBC.

The sessions will be held on Feb. 17 at 8:30 a.m. in the Maid of the Mist Centre, in Niagara Falls, room MM9, 12:30 p.m. in the Horticulture Centre, in St. Catharines, room HCI and at 3:30 p.m. in the Welland campus's Secord Room.

Grandmaison said she's "developed a rapport" with Merzikian so last year she "presented it (the workshop proposal) to CIBC."

"Loan default has become a major concern with the Canadian government," said Grandmaison. She added she wants to make sure students know there are "other options available to them."

Default on student loans is not uncommon in Canada. It happens when students can't pay their loan and the file is sent to a collection agency.

"You then become a statistic," Grandmaison said.

She said student attendance at last year's workshops wasn't good. Only three students attended.

Grandmaison said this year she's trying to "get the word out" so students can take advantage of these workshops.

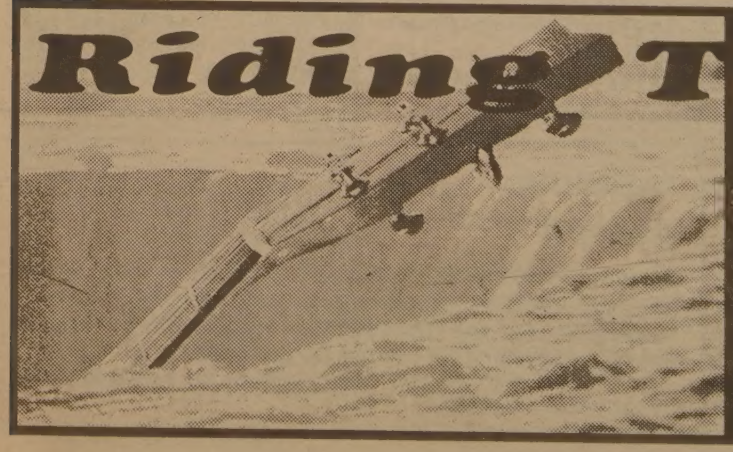
"I want students to understand that we're trying to help them help themselves," she said.

At the workshops, Merzikian covers various points about repaying OSAP loans.

Grandmaison said the main points are "the opportunities" for graduating students and the "options available" to students repaying huge debts.

The workshops are held annually around this time because the "main target is grads" who will begin repaying their loans within a few months.

Grandmaison said it's important for students to attend to learn how to deal with the pressures and complications of repaying a loan.



The **Niagara News** is calling on all local bands (within the region) interested in some FREE publicity! If your band has recently released a CD or are about to, then you'll want to be in "Riding the Riff II."The only stipulation is that your band must be available for an interview and photo. To be published March 20, 1998 and it's a first come basis so *DON'T WAIT!*
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Racism, prejudice hinder relationship

By SARAH TAMMI
Staff Writer

These days it's hard to keep a relationship alive without having others interfere. When you're not the same race as your partner, dealing with other people's racism and prejudices can make the relationship all the more difficult.

Treva DelMonte, 24, is Caucasian and her boyfriend, Ray Hutchinson, 21, isn't.

Five years ago DelMonte and Hutchinson met at a hotel in Sudbury, Ont., where they worked.

Hutchinson pursued her, but she wasn't interested.

"Not because he was black, but because he was young," DelMonte said. After almost two years they began dating.

"It was his persistence and he was a little bit older and the age thing didn't matter as much," she said.

Although age was an issue to her, to her family age was the least of their concerns.

"They weren't too crazy about him at first," DelMonte said. "With my dad I think it was mostly because he was black and he didn't know how to deal with it."

"He said he had no problem with Ray and I being together, but thought if we ever had kids that they would have problems with racism and that's why he was against it."

The rest of the family had problems with the relationship, but for other reasons. Her stepmother wanted her to "pay more attention to school and do something constructive" with her life and felt Hutchinson was holding her back. Her brother wanted her to find "a rich man" who could take care of her.

After getting to know Hutchinson her family got over most of their doubts.

Hutchinson's parents, on the other hand, didn't have a problem accepting the relationship and liked DelMonte right away. Hutchinson's father is Jamaican and his mother is Italian.

'. . . I think it was mostly because he was black. . .' — Treva DelMonte

DelMonte is working in Brampton, Ont., and Hutchinson is in Sudbury. She's living with her aunt and uncle, but the distance isn't the only thing keeping them apart.

"He's (Hutchinson) not allowed in my uncle's house because he's black. My uncle is stuck in the Dark Ages," DelMonte said.

What's worse, she says, is her uncle is "so backwards he has no problem admitting to me that's why — he doesn't care who Ray is, he can't see past his skin (color)."

DelMonte and Hutchinson have been subjected to prejudice from members of both races.

"Every time we've been out after midnight . . . walking down the street, cops will stop us and ask if I'm OK or make sure I want to be there (with Hutchinson)."

DelMonte remembers one specific night, in Sudbury, when they were walking, hand in hand, home from a bar.

"It was one in the morning . . . . we were standing on a corner waiting to cross the street. The cops drove by us and then turned around and came back.

"They pulled up along side of us and asked, 'Are you OK, ma'am?'"

These incidents don't just happen in smaller cities like Sudbury.

DelMonte recalls being in a "very Caribbean neighborhood in Toronto" with Hutchinson.

"We were walking through a mall, holding hands, and kept getting really dirty looks from the Caribbean people," DelMonte said.

"They were looking at Ray like he was doing the unforgivable. We had to leave . . . because I was scared and didn't feel comfortable."

DelMonte and Hutchinson have been dating for over 3 1/2 years and they've learned to deal with these problems like any other couple — together.

"We've had a lot of bad experiences and a lot of good ones over the years," DelMonte said.

"Basically what it comes down to is you can't care what other people think. What we feel is between the two of us and if people can't deal with it we don't need them in our lives."

Riding rails to freedom

By BRENDA BEAVEN
Staff Writer

February is Black History Month and the Niagara Region has a surprisingly rich history.

The St. Catharines Historical Museum celebrates this month with an award-winning exhibit, *Follow the North Star*.

The exhibit was first mounted in 1996. It received the Ontario Museum Association's award for outstanding achievement in programming/interpretation in October 1997. The award was presented to the museum by the Hon. Isabel Bassett, minister of citizenship, culture and recreation.

The *Follow the North Star* tour gives an informative and educational overview of the Underground Railroad and black history in the region.

The Underground Railroad was neither a railroad, nor was it underground. It was a network of people helping refugee slaves safely cross into Canada during and after the American Civil War.

Some codes and terms used to refer to the railroad were these: the "conductor," a person who helped escaped slaves travel from one place to the next; a "station," a safe place where the escaped slaves would get food and shelter; "arrivals," the code word given to new slaves and "passengers," those who traveled the Underground Railroad.

All of this information can be found in pamphlets at the museum and throughout the exhibit.

Kim Reep, public relations and marketing co-ordinator at the museum, said the most well-known person to travel the railroad was Harriet Tubman (1820-1913). Tubman was known as "Moses" to the fleeing slaves.

Tubman couldn't read or write, as it was illegal for blacks to be educated.

"I think slavery is the next thing to hell. If a person sends another into bondage, he would, it appears to me, be bad enough to send him to hell, if he could," said Tubman, from *The Refugee: or Narratives of Fugitive Slaves in Canada, 1856*, reprinted in 1972.

Tubman helped slaves by guiding them safely to St. Catharines. "She made 13 trips by foot to Virginia."

Tubman was about five feet tall and had some brain damage as the result of a blow to her head from a mallet while trying to stop another slave from being beaten by her owner, said Reep.

Sometimes Tubman would fall asleep because of the brain damage. Since she was the only one who knew the way to safety, the passengers would wait until she woke before moving on, said Reep.

"Tubman couldn't read and didn't need a compass. She just followed the North Star," said Reep.

Sexual awareness for students

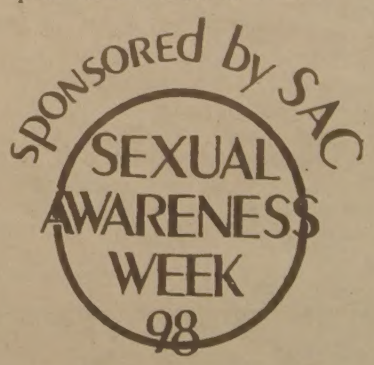
By JEFF SCHELHAS
Staff Writer

Sumo wrestling and jousting leads to safe sex.

The Student Senate at Niagara College's Wellandvale campus in St. Catharines held Lovapallooza Feb. 11.

Lovapallooza was organized by the senate to address concerns about the sexual adventures people live with each day. As ways of drawing people to the display, the senate had pizza and pop for sale, and staged sumo wrestling, jousting and a velcro wall during lunch and spares.

"One hundred students participated and many more watched from the sidelines," says Ryan Cook, president of the student senate.



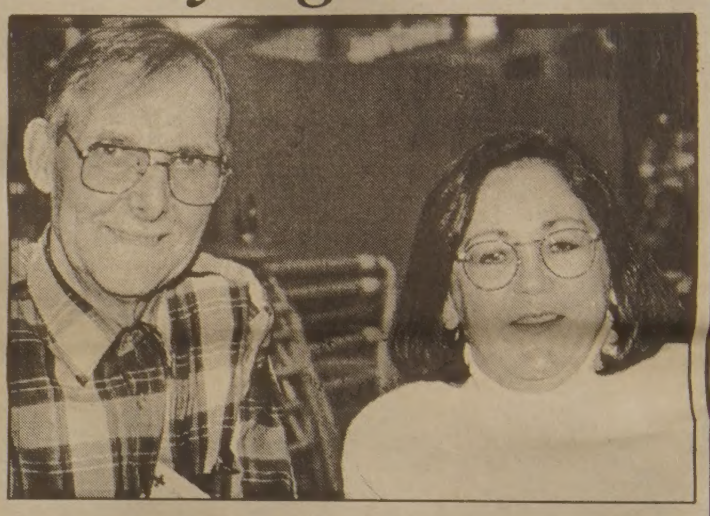
Cook said, for a Wednesday afternoon, the participation was "excellent. We cannot set up events like SAC at the Welland campus because they have two hours set aside each week for their events."

"The students had lots of questions, and everyone walked away with a condom and information," said Andrew Frizell, 22, student representative at the Wellandvale campus.

"What else do you have to do with sexual awareness?" said Cook. "You're dealing with adults. We had our nurse here and the booth with all the information and condoms."

Organizers will provide a written report for the incoming senate members to use in planning next year's event.

Saying thanks



Peter Guetter, of Fenwick, thanks Karen Durant, of Welland, for donating at the Red Cross blood donor clinic in Seaway Mall on Jan. 28.

Photo by Jonathon Narvey

JONATHON NARVEY
Staff Writer

Peter Guetter, of Fenwick, Ont., was thanking people for giving blood at the Red Cross blood donor clinic set up in Seaway Mall on Jan. 28.

The Canadian Red Cross Society will be holding another blood donor clinic on March 18, between 1 p.m. and 5 p.m. at the Canadian Tire store on 777 Niagara St. in Welland.

Diagnosed with a form of leukemia three months ago, Guetter receives two pints of blood every three to four weeks to improve his condition.

Guetter, 68, moved from person to person, talking with many of them and letting them know what their contribution meant to him.

"I want to thank a lot of people," Guetter said. "This whole operation is so important. It's a life-line for a lot of people."

Guetter receives his intravenous blood transfusions at the hospital in Welland. The process usually takes about four hours, he said.

"Sometimes I need to receive blood as often as once a week. It helps to deal with the sickness."

When the retiree, who lives with his wife, found out about his condition, he informed the people at the Christian Reformed Church in Fenwick.

"A lot of the people from the congregation donated. I also saw some people here today who I know have donated blood repeatedly," Guetter said.

For more information on the clinic call (905) 522-8485.

Niagara News apologizes to After Hours personnel

The Niagara News wishes to apologize to the management and staff of the After Hours pub at Niagara College.

In last week's edition of the Niagara News (Volume 28, No. 10), it was a mistake to write that some students fell to the ground because they had too much to drink while watching the Battle of the Bands Feb. 2.

It wasn't the intention of the Niagara News to imply staff at After Hours were derelict in responsibly serving patrons.

The Niagara News retracts any statements dealing with students being drunk at the concert and apologizes to the staff of After Hours. It applauds the use of Smart Serve training for all After Hours staff and recognizes the awards of excellence earned by the manager and staff.

Defining passion

Derek Burton, 23, of St. Catharines, in our cover shot, shows off his toy collection. In the foreground from left, the Thing from Fantastic Four, Bishop from the X-Men, the Hulk and Spiderman. See page 10 and 11 for more images of passion.

Photo by Kevin McKee

New life for old lighthouse

The Town of Fort Erie plans to reactivate the abandoned Point Abino Lighthouse

By MARK TEMPLE
Staff Writer

The pearl of Lake Erie, the Point Abino Lighthouse, may soon shine again. If one Niagara College faculty member can help, it'll be restoring part of his family's history.

Paul Kendrick, co-ordinator of the Electrical Engineering Technician and Technology program, has offered his own services and those of his students in restoring the nautical beacon to its former brilliance.

Kendrick's involvement, should it be requested, would be as part of a technical advisory committee comprising electrical, engineering and architectural professionals. A management board, to be designated by the Town of Fort Erie, would be assisted by that committee.

Besides his professional qualifications, Kendrick has a personal motivation to see the lighthouse preserved, as his father was the lighthouse keeper for many years.

Kendrick is a "boater" and can attest to the need for a navigational beacon between Port Colborne and Buffalo. He said he knows from personal experience that tremendous weather changes can occur on Lake Erie. Having the Point Abino Lighthouse as a guide is not just reassuring, but necessary.

"I'm a boater," said Kendrick. "I'd like to see the light on. I'd like to see it preserved."

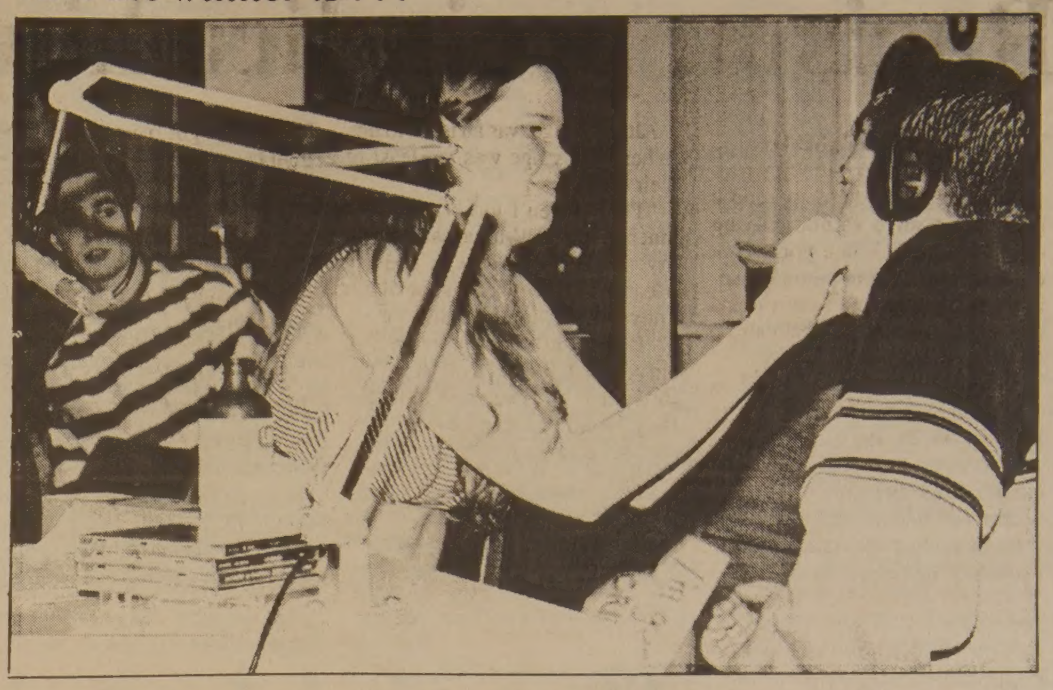
Given government approval, the work would be completed during this summer.

Just before this year's Jan. 30 deadline, the Town of Fort Erie presented a detailed proposal and business plan to Public Works and Government Services Canada. It's the town's intention to purchase the Point Abino Lighthouse and lightkeeper's dwelling for $1.

The white, ornate lighthouse is considered an architectural rarity because of its elaborate and decorative design. It was constructed in

(continued on page 4)

And the winner is . . .



Business Retail Management program student Shalon Ainsworth, 20, of St. Catharines, performs her slave duties yesterday at the college radio station CRNC winning her a trip to Daytona, Fla. The prize went to whomever would perform the most outrageous stunt. Thirty-five people filled out ballots describing what they would do. Ainsworth is using a Q-Tip to clean the nose ring of Paul Black, 20, a Broadcasting — Radio, Television and Film student.

Photo by Paul Jacksties

AIDS ribbon tree

By SARAH TAMMI
Staff Writer

Show your positive support for sexual awareness issues.

Niagara College's Student Administrative Council is holding its first Concern Tree Rally.

The rally's purpose is to bring students together for two worthwhile concerns — AIDS and sexual awareness.

All students and faculty are invited to participate.

Those interested can choose either a red ribbon (AIDS) or a white ribbon (sexual awareness). They will also have the opportunity to write messages, comments or just a name, regarding these issues, on tags.

Both the ribbons and the tags will be placed on the tree.

The rally is to be held Tuesday, Feb. 17 in front of the Welland campus Learning Resource Centre at 11:30 a.m.

Donations for AIDS research and promoting sexual awareness will be accepted.

Niagara College's Mid-Winter Break for the 1998 Winter Term will be Feb. 23-27.

Niagara College offers employment services

By CARRIE CHEHOWSKI
Staff Writer

Self-confidence and energy will help you land a good job, says Janet Forfar, a graduation employment officer at Niagara College's Employment Services office.

She was addressing second-year Journalism-Print program students on Feb. 10 about resumes, employment and the services provided for graduates.

Equipment available through the office, located in the Simcoe building at the Welland campus, includes a computer networked to the Internet, a fax machine and a telephone strictly for "employment-related calls." Long distance calls can also be made "within reason and with limits" from the office.

A resume typing service, for $7 per page on resume paper, is available to graduates. The service is operated by the staff in the office. Charges for the fax machine are a flat $1 per page.

Forfar said a job search takes time and "an average job search for students takes four to six months . . . for both full-time and part-time employments."

Forfar said employers look for the attributes of self-confidence, adaptability, sound ethics, effective communication skills and good technical know-how. She said one of the biggest mistakes a graduate makes on a resume is not "letting the employer know your attributes." Employers are "judging you from the first phone call to the interview," she added.

The office staff phone graduates six months after graduation to gather statistics that can be used to promote the college.

"I talk to a lot of graduates and I'm often concerned about their phone skills." She also warned graduates who have resumes circulating to "change their answering machine" to a more appropriate businesslike message.

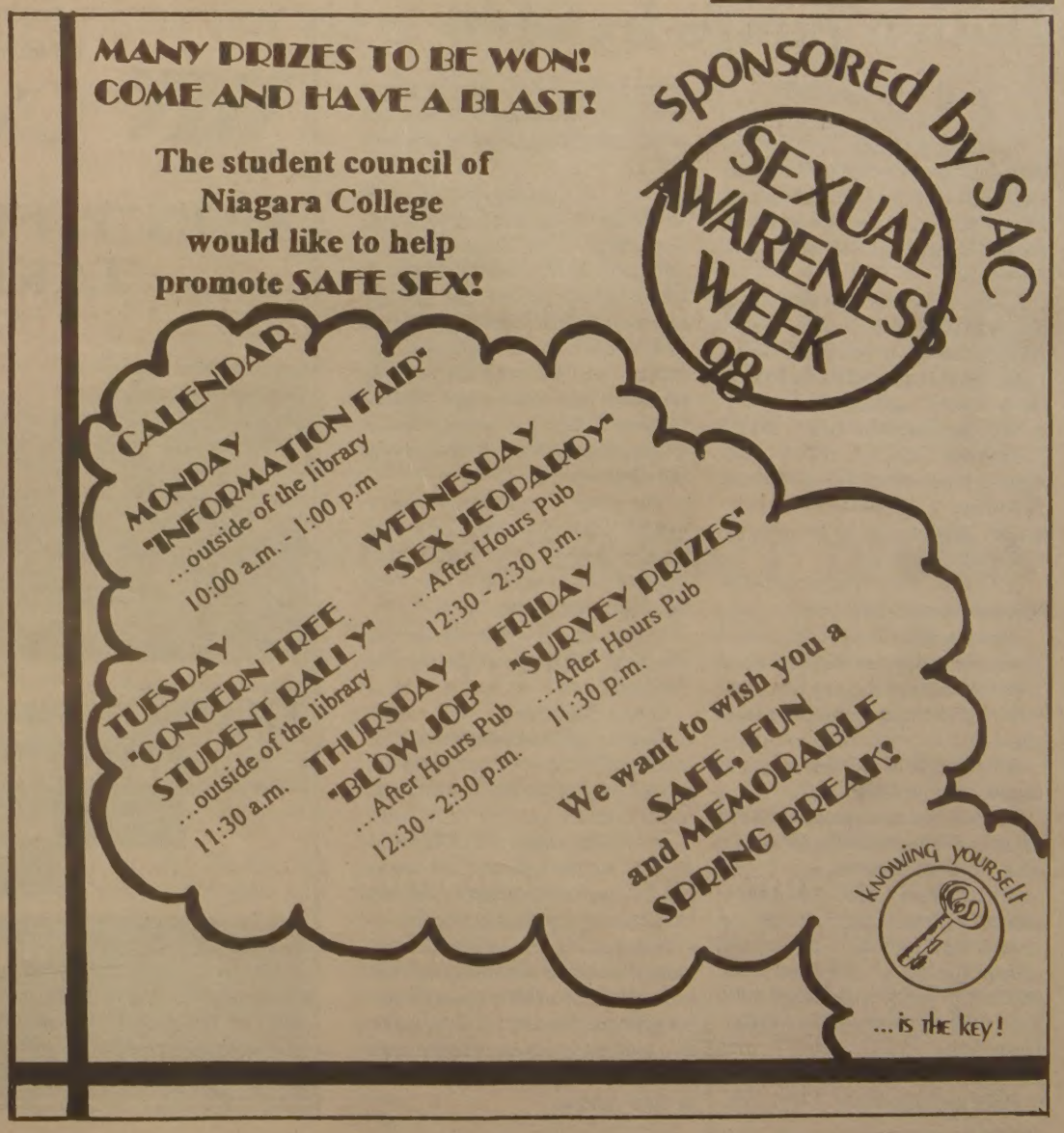
Enthusiasm and energy, Forfar noted, are key to making a lasting first impression in an interview.

"Let them (the employer) know you have a lot of energy." She advised getting a good night's sleep the night before the interview and to "sit up straight."

Doing background investigating into the company you're applying to is necessary to get a feel for the company and to be able to answer any questions.

"(Employers) are not interested if you're not interested," said Forfar.

JANET FORFAR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We want to wish you a SAFE, FUN and MEMORABLE SPRING BREAK!
KNOWING YOURSELF
...is the key!

Groups propose restoring lighthouse

(continued from page 3)

1917 on a small peninsula in the exclusive lakeshore community of Point Abino, just a few kilometres southwest of Fort Erie.

In April 1996, the Canadian Coast Guard, under whose authority the lighthouse operated, decommissioned the navigational beacon because of budget reductions. As well, most freight ships use global positioning satellites for navigation, and the lighthouse's commercial usefulness became a budgetary liability the coast guard could no longer afford.

By September 1996, the coast guard had removed all of the operating equipment from the lighthouse, including the generators and electrical panels, but left the huge five-foot, six-inches tall Fresnel lens and two large air tanks used for the original air fog horn. The windows were boarded up and the lighthouse abandoned.

Since its closure, many community groups have expressed interest in restoring and preserving the lighthouse for its heritage value and as a navigational aid to small vessels and pleasure craft.

If the federal government responds favorably to the town's proposal, Fort Erie will submit an offer to buy the lighthouse, dwelling and property. Fort Erie council has already passed a bylaw, under the Ontario Heritage Act, designating the lighthouse to be of historical value and interest.

In its proposal, Fort Erie would become the property's sole owner. The site would be administered by a board of management comprising council-appointed representatives from each of the interested parties. These include members of the Bertie Boating Club, Buffalo Yacht Club, the Point Abino Association, the Bertie Historical Society, the Fort Erie Museum Board and two representatives from the town.

However, one group of preservation advocates, called the Point Abino Lighthouse Preservation Society (PALPS) decided it wasn't in their best interest to be included in the town's proposal. On Jan. 12, PALPS put forward its own proposition and presented it to council, some elements of which were incorporated into the town's final draft.

Current estimates show the cost of repairing and reactivating the light to be $60,000. The town is confident, given the community interest in this landmark, the capital requirements can be achieved through fund-raising and monies received from interested parties.

The public can only see the lighthouse from Lake Erie. There are no public access roads leading to it.

Aside from its intended purpose of guiding vessels safely away from its rocky shore, it's a beautiful monument, an historic jewel, to be seen by only a few.

Centre offers job services to Niagara

By CARRIE CHEHOWSKI
Staff Writer

Choosing a career has just become easier.

Grace Berridge, 45, is a counsellor at the Career Information Centre in Welland.

Berridge, of Welland, is the only career counsellor at the centre, where she has worked for two years. Before she was hired full-time, she was placed at the centre for co-op experience by Human Resources Development Canada.

The centre offers group and individual services, including job search assistance, education and training, resource materials, inventories and a job bank, which was "only just installed." Computers are available for clients to use, but the centre is working on updating the computer systems.

"We're really hoping to get the resources to have access to the Internet," Berridge said.

'The centre offers group and individual services, including job search assistance, education and training, resource materials, inventories and a job bank . . .'

'. . . clients must be "interested in looking for career information."' — Grace Berridge

She said she plays a "coaching role" to the clients, adding, "anybody can use our services . . . it's not just for students and not just for people from the Niagara Region."

There are no eligibility requirements to use the centre's resources, but clients must be "interested in looking for career information."

Clients pay a registration fee to take a class. The cost for a part-time client is $15 and for full-time it's $20.

Berridge said the centre is funded by "the school board" and has a partnership with the career planning service located in St. Catharines.

Berridge said it's important to people in the Niagara Region because "there's so many people who have not completed high school . . . it's sort of an introduction into career choices they can attain."

Julia Rasich, 19, of Welland, is a student from the college's Social Services program. She is working at the centre as part of her program's co-op placement.

Rasich started in January and will be there until April 30. She said she is "working under Grace's wing, assisting clients."

She said she likes working at the centre because of the "range of clients we get and establishing a rapport with them."

Tuition jumps by $140

By JENN WALKER
Staff Writer

Niagara College's Student Administrative Council (SAC) confirmed in its Feb. 10 meeting that tuition here will rise 10 per cent, about $70 per semester starting in September.

Before those changes take place, a ski trip is planned, a new student government must be elected and a request for a loan to fund a fashion show must be addressed.

On the tuition hike, SAC President Don Woodruff said money must be raised elsewhere following a $1 million post-secondary funding cut by the provincial government.

If tuition were unchanged the students would "lose out."

Elimination of services would result. Three per cent of the increase will automatically go to a student fund for those needing financial aid.

All colleges will have a 10 per cent tuition increase.

Council also discussed a possible ski excursion to the Blue Mountain area, north of Toronto.

Michael Berry, SAC's vice-president of athletic affairs, said the trip cost would include a lift ticket, transportation to and from Blue Mountain, meals and a hat with a logo. The logo would say something like "SAC After Hours Extreme Ski Team."

Price and date haven't been confirmed, but Berry said it would probably be about $40 and run either the first or second week of March.

The Change of the Future Club is in charge of a fashion show slated for March 17 at Thorold's Front 54. On Feb. 10, Gerald Dixon, a representative for the group, approached SAC seeking a $2,000 loan to cover some expenses. The money will be used for vehicle rental for two days to transport the stage from St. Catharines's Brock University to Front 54 and pick up the fashions.

The group, Dixon said, is expecting $3,100 in ticket sale proceeds. Tickets will be $5. Front 54 has offered to donate the profit from the $1 a person coat check.

Money raised will be donated to Women's Place, a shelter in Welland.

Cindy Blanchard, SAC office manager, said a decision won't be made until next week because SAC has never before given a loan to any group.

On Friday, Feb. 20, SAC will hold its annual student body meeting. It's open to all students who are invited to voice their concerns.

Anticipating the March 25 student government election campaign kick-off, election kits can be picked up starting March 11. SAC asks that student candidates make sure they're picking up the election kit at their campus.

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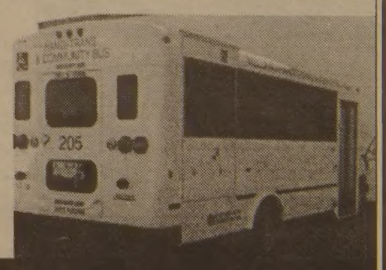

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WELFARE REFORM

Welfare changes will affect most needy

"How are people ever supposed to get on their feet?"

Lynne Prine, Port Colborne resident and social assistance recipient, wondered this in response to the recently announced Social Assistance Reform Act (SARA), also called Bill 142.

"I went back to college. I went three years and what do I make? $6.85 an hour. I'm very frustrated about it."

Ontario Ministry of Community and Social Services (MCSS) Minister Janet Ecker introduced the legislation on June 12, 1997, to replace the General Welfare Act (GWA) and the Family Benefits Act (FBA) with the Ontario Works Act (OWA) and the Ontario Disability Support Program Act (ODSPA).

SARA, effective April 1, is the first large-scale revamping of social assistance legislation in Ontario in 30 years. It will yield far-reaching consequences for poverty-stricken people in the province, Prine says.

"Our government promised fundamental welfare reform and we are delivering on that promise," said Ecker, in a February news release.

"Since June 1995 we have been working to restore integrity to the welfare system. These changes are founded on the principles of accountability, effectiveness and fairness . . . We are paying people for costs they do not have, failing to recognize income from other sources in a realistic way, and providing benefits when another program is available," said Ecker.

Prine, 41, said that "there's a lot of issues" and she has sought out the Niagara South Safety NetWork (NSSN) to help her.

The NSSN is a member of the Ontario Social Safety NetWork of groups and individuals working to support low-income people. The NSSN is made up of community representatives from churches, social organizations and individuals committed to political change. It lobbies to preserve social programs (and) improve "economic justice" and deals with "any issue brought to their attention," said Prine.

It's open to residents in Port Colborne, Welland, Wainfleet, Pelham and Fort Erie.

Prine said, "I sought them out because I wanted to know more about the changes to the Social Services Act."

But, said Prine "there are a lot of different groups fighting this. Nobody is for what they're trying to implement."

In a Feb. 2 news release, the ministry outlined the changes.

"These changes are the latest steps in our reform of the welfare system," said Ecker. "We are on the right track. Almost a quarter of a million people have left welfare since we were elected in 1995. Ontario's improving economy and our welfare reforms are helping people escape the welfare trap and get back to work. These changes are designed to ensure that people are better off working than relying on welfare."

The homeless will get money for expenses incurred to a maximum, not the minimum amount welfare allows.

Recipients going to jail will now have full benefits cut off while in prison, as well as for the months they enter and leave the facility.

Actual costs to a set maximum will be paid for utilities, board and lodging instead of the recipients automatically receiving the minimum.

People living with their parents will no longer receive the automatic minimum of $207 for boarding costs, but will get the actual amount they pay, to a maximum.

Any welfare recipient with boarders will have $100 deducted from his or her monthly allowance.

People staying attached to welfare for the health benefits (drug card) and getting a monthly cheque

for $2.50 in order to do so will be cut off. They can get assistance from the 1996 provincially introduced Trillium Drug program. This helps people with high drug costs relative to their income.

Parents on social assistance who share custody of a child will face changes as well. The new act will see only the primary caregiver receiving the child's full benefits, instead of both parents receiving benefits.

Single parents had workfare as an option. Now, with the transfer of single parents to OWA, it will be mandatory for single parents with children in school to participate.

Participants in the workfare program will be excluded from "any act or regulation that has provisions regulating employment or employees," such as employee standards, Workers Compensation, labor laws and occupational health and safety laws.

"It doesn't make sense to pay for costs that people on welfare do not have," said Ecker. "These changes are aimed at making sure that taxpayers' dollars are going to those who need help the most. The system must encourage accountability and responsibility. It must be fair to the taxpayers who foot the bill. These are the values behind making welfare work, and we want to see them reflected throughout the system."

The other changes noted in SARA, but not mentioned by Ecker in the news release, include the following:

- Appeals won't be allowed in many cases and the appeal process will change.
- Welfare benefits may be treated as a loan.
- Deductions can be taken from benefits for debts to the government, for example, child support, the Ontario Student Assistance Program (OSAP) or Workers Compensation overpayments.
- Recipients may be required to consent to a lien on any property in order to get benefits. This means if a person dies or sells any property, the government can recover benefits paid and consider them an overpayment.
- The government will be able to appoint someone to receive a recipient's money if he or she is under 18 years old or if it thinks the money is being used improperly. The government can also order money be paid to a third party.
- People ages 60 to 64 who apply after the new law takes effect will be under the OWA and have to participate in workfare.
- Caseworkers, or Eligibility Review Officers, will have the power to investigate a person's past or present (it will be an offense for neighbors or family to interfere) and to decide overpayments.
- These officers will be able to collect fingerprints of recipients as a condition of assistance.
- The officers will be able to apply for, and act on, search warrants like the police.

"Now that to me is against my basic human rights," said Prine. "Why me? Why am I a criminal? . . . . Because I can't work full time and I collect some assistance from the government, which I once paid into, my family pays into and is supposed to be a social support system? . . . . Why don't they have to go through the regular procedures in place? Who says the court wants to deal with every social service representative going and asking for a search warrant? Based on what?"

- The disabled and permanently unemployable will be transferred to ODSP where there is a new, more strict definition of "disability."

Prine said she knows the public wants to get tough on welfare, but believes they have to alert people to these changes before it is too late and to gain support of the community to fight them.

"Part of the problem, I guess, seems to be getting this out through the media," she said.

Help voice opinion on new changes

In May 1997, 1,156,789 people in Ontario were receiving some form of social assistance. About 500,000 were children, 200,000 were single parents, 15,000 were disabled and 180,000 were employable adults.

You can make a difference. Here are some ways to help and let your views on SARA be heard:

- Write or call federal, provincial and local politicians to express your opinion.
- Reach your federal MP through Reference Canada at 1-800-667-3355.
- Your MPP can be reached through General Inquiries at 326-1234.
- Contact the OSSN at 416-351-0095.
- Reach the NSSN at 80 King St., Welland, L3B 3J2, 905-735-1559.
- Phone Niagara Against Poverty at 905-356-5913 or 354-7539.
- Start a petition or a letter-writing campaign in your community.
- Request an opportunity to voice your opinions at a local, regional or provincial committee or council hearings.
- Phone or write your local United Way or labor council and ask them to withdraw support from organizations participating in workfare.
- Discuss SARA and inform people of the upcoming changes.
- Inform people about the truths of welfare recipients. Bust the myths many people have.
- Demand the government hold public hearings where concerned citizens may speak.
- Find allies in churches, labor groups and the media and use them to distribute materials on SARA.

SARA not first changes

The Social Assistance Reform Act (SARA) comes on the heels of other massive changes made by the Ontario Mike Harris government in 1995.

The welfare rates were reduced by 21.6 per cent for most recipients, except the disabled and elderly.

The 21.6 per cent cut left a single person with a monthly maximum of $520 instead of $663. A family with one parent and one child under 12 used to get a maximum of $1,221. The family now receives $957.

Recently, the federal government restricted employment insurance eligibility, forcing more people onto welfare although many had paid into the employment system for years.

Ottawa also slashed funding to Ontario for social assistance, a move which coincided with the worst recession in the province in 50 years.

The federal government also abandoned the Canada Assistance Plan, in place since the 1960s, which set national standards for social assistance.

The plan has been replaced with the Canada Health and Social Transfer Act. There are no longer national standards to ensure people in need get financial help. Consequently, the Ontario government introduced SARA.

Blowing lid off welfare myths

There are many stereotypes and myths the general public holds about welfare recipients. A 1995 study by Professor Michael Ornstein of York University's Institute for Social Research explores some of the myths and realities of people on welfare.

Myth: People stay on welfare for life.

Reality: In 1995, the average length of stay of employable people on general welfare was 15 months. A study found 70 per cent who left did so because they, or their spouse, found a job. Single parents stayed on family benefits for an average of four years, mainly because they face greater barriers to employment, such as affordable child care.

Myth: Women keep having babies to stay on welfare.

Reality: Over 40 per cent of women on welfare have only one child.

Myth: Welfare recipients do nothing.

Reality: A 1995 study found that virtually all (95 per cent) of the employable people on welfare were involved in one or more of these activities: working full or part time, going to school, taking job training, doing volunteer work in the community, or actively job searching. More than a quarter of single parents worked and more than 40 per cent were job searching.

Myth: Welfare pays more than work.

Reality: A full-time minimum wage job would pay almost double what welfare provides to a single employable person on welfare (who gets a maximum of $520 monthly). Under current rates, only families of three or more can get more from welfare than from a full-time minimum wage job. But even these families are better off working because they are allowed to keep part of their earnings.

This study was printed in *Telling Our Stories*, a book produced by the Ontario Social Safety NetWork.

All stories by Jennifer Cote

First in a series of articles.

EDITORIAL

Niagara News

The Niagara News is a practical lab for the **Journalism-Print Program**, covering the college community and other areas of interest. Opinions expressed are not necessarily those of the management of the Niagara News or the administration of Niagara College. P.O. Box 1005, 300 Woodlawn Rd., Room S212, Welland, Ontario L3B 5S2. Phone (905) 735-2211/ 382-2383/ FAX (905) 735-8112.

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Choose your words

Journalism is a very serious business and much pressure can be placed on your reports. Once a story is written and gone to the press nothing can be changed.

Accuracy is a necessity in this career. A great weight is placed on your choice of words and definitions can be misinterpreted. Words can cause a tornado of emotions in a person. It doesn't matter if you are a person who summons up images instead of feelings, or concepts instead of concrete objects. When you read the word "heavy" you can't help but feel some sensation from the word.

Millions of people shape their lives on the teachings of the Holy Bible, proving written material can have a profound effect on someone's life. If you walk into the self-help book section of Coles you can see the amount of written material available to create a better society.

Remember when you're writing to choose your words wisely, be accurate and precise because many people's lives depend on it.

Kevin McKee

Medal or 'social drug' athletes must choose

It was Day 5 of the Winter Olympics and Canada was all over the news — not because we'd won another gold medal, but because our first, and only, gold medal was being taken away.

On Day 2 Ross Rebagliati, 26, of Whistler, B.C., made Canadians proud by bringing home the gold in men's snowboarding, one of the newest Olympic sports.

The International Olympic Committee announced Rebagliati had been stripped of his medal after testing positive for "passive amounts" of marijuana drug use. The Canadian Olympic Association stands behind Rebagliati and has appealed the decision.

At least this time it wasn't steroids. It was pot. I guess every cloud does have a silver lining.

Rebagliati has denied using marijuana, saying he hasn't used it since April 1997. He attributes the detected traces to the "significant amount of time" he spends with marijuana users.

Whether he smoked it himself or accidentally received it secondhand isn't the point.

The point is competing athletes should keep in mind they're at the Olympics and they're there to do their best and represent their country to the rest of the world. They aren't at the local ski hill socializing with their buddies.

Perhaps a little pot is no big deal, but being at the Olympics is a big one and not just for the athlete.

Please do your best, make Canada proud and bring home lots of medals, but wait until you're home making product endorsements before you expose yourself for "significant amounts of time" to a "social drug."

Sarah Tammi

Celebrity chef Recipe for success

By BARB GREGOR
Staff Writer

Hard work and long hours are no strangers to St. Catharines's newest mayor.

Tim Rigby Sr., serving his first term as mayor, spent long hours working in the insurance business before taking on this newest challenge. He and his wife Gini are used to his time away.

"Well, my wife hasn't bought any groceries for the last two months," jokes Rigby. "She has her own routine and if I ever came home, I'd really mess it up."

He says he finds Council's procedural bylaw regulations the most difficult thing to get used to. "At times I find them a little stifling," says Rigby, who says he's used to running meetings under Robert's Rules of Order. Council's procedures are different.

Remembering to eat supper is another problem he says he has, "even though I don't look like it. (Of) course, then I go out and have chicken wings after, which does me no good," he says with a chuckle.

He says he feels it's just a case of self-discipline. "When I have council meetings, I should make a point of getting out of the office earlier and just put my feet up for a while."

Rigby also likes to cook. "When my wife and I were married for 25 years, she said she wasn't cooking anymore," he jokes. However, he says he is very bad at cleaning up the pans afterwards and is "criticized severely" for it.

He's sharing an old family recipe for sausage stuffing and hopes we enjoy it.

SAUSAGE STUFFING

2 lb. sausage meat (in tubes)
5 lb. onions, finely chopped
2-19 ounce tins of tomatoes chopped finely
bread broken into small pieces
poultry seasoning
salt and pepper
a few squirts of Worcester sauce

Break up the meat and brown it in a pan. Set aside. Brown onions in grease from meat and drain. Mix all the ingredients except bread and stir. Add enough bread to soak up juices and add consistency. Stuff your turkey and cook. Save the remainder in a container. Try eating the stuffing as a sandwich filling.

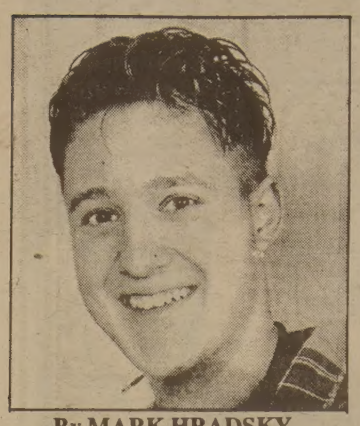
Your voice or opinion is welcome in our Letters to the Editor section. Our policy regarding letter submission is:

1. All letters must be received on the Friday one week prior to publication.
2. Each letter must include the writer's name, college identification number and program of study.
3. All letters must be signed and include a day and evening phone number for verification use only.

All letters can be mailed or brought to the Niagara News newsroom, Rm. S212, Simcoe Building, Welland campus.

FROM THE HIP

Finding search directories on the Net



By MARK HRADSKY
Staff Writer

Looking for someone special

Looking for something or someone?

The Net can help you out. Welcome to the search directories of the Net — or a few of them, anyway.

The first, www.bigfoot.com is both an e-mail and white pages search.

Lose your phonebook? Need the number of that long lost cousin in the middle of Indiana? Check out the white pages search. You could find many relatives you never knew you had. The e-mail search is also excellent.

You can search for Web pages and the yellow pages on their search engine. The only problem with this people search is it only searches the U.S. white pages.

After scanning Bigfoot, move your way over to www.bigbook.com. Bigbook is also based in the States, but is one of the largest yellow pages search directories. It's useful because it separates your search into categories.

It also features maps and driving directions to places in the States, so if you're ever going on a road trip, make sure to check this page out first.

Emergency, dial 91 . . . err . . . 411. Another search directory is www.four11.com. Now this e-mail search holds many different e-mail listings, but only if the person you have been looking for is signed up with them.

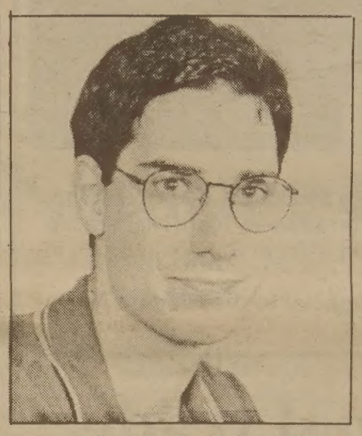
It's not hard to get signed up. Just click on the join button and off you go. There is a telephone directory after you check for the e-mail address but it only works with addresses from the States. Go figure.

Now, don't get discouraged if you are looking for a Canadian. There is one phone listing for Canada. Check out http://canada411.sympatico.ca/english/person.html. It actually works.

I didn't know I had so many people with the same last name as I have in Canada. There were like . . .10! Holy!

If you're looking for that special someone, a cousin who owes you money or a long lost friend you still have to beat up for stealing your Grade 10 love, check the Net. You never know whom you will find.

Hussein should not defy UN



By JONATHON NARVEY
Staff Writer

Political games by Hussein

Saddam Hussein should let United Nations (UN) inspectors do their job in his country.

Iraq has an obligation, as a member state of the UN, to comply with Security Council resolutions regarding inspections of chemical and biological weapons facilities.

Hussein, leader of the Iraqi people, is playing political games when he should be looking out for the well-being of his people.

While Iraqis starve and die because of inadequate food and medicine, Hussein continues to defy the UN by not letting inspectors do their jobs. As a result, the economic sanctions that have been in place since the 1991 Gulf War remain in effect and people will continue to die.

As much as Hussein would like to keep blaming the UN and the Great Satan, America, for his country's troubles, the truth is that he has brought this misery on himself.

If he and his administrators had simply complied with all of the conditions set by the UN back in 1991, sanctions would have been lifted long ago. With gigantic oil revenues coming in and the international spotlight taken off him, he would have been free to rebuild all of the infrastructures destroyed in the Gulf War, feed his people, and (probably most important to Hussein) rebuild his military forces.

One could argue that if Hussein had immediately complied with the UN conditions, he might have lost face and subsequently lost political power. This argument is hardly feasible, since Iraq is not a democratic nation. Hussein does not answer to his people, and he couldn't care less about the latest popularity poll results.

The UN (and in particular, the U.S.) is right to keep up the pressure on the obstinate leader of Iraq. It is up to Hussein to deny the UN any moral impetus for intervention by complying with the conditions set by the agreement of the Security Council.

Letter to Editor

Reader condemns comic's behavior

Dear Editor:

I am writing this letter in regards to the comedy review in the latest edition of the Niagara News, Volume 28, No. 10 (Feb. 6).

I would like to express my utter disgust in your published admiration of the comedian, Freddy Proia, as written on page 12 by Crystal Older. From what was written, one would get the impression that Mr. Proia's routine was filled with nothing but racial slurs, directed towards Newfoundlanders and Italians. The writer of this article even goes so far as mentioning one of the comedian's comments, that "the people (Newfoundlanders) aren't the brightest" referring to the way Newfoundlanders speak. The author then mentions that the comedian went on to talk about Canada. I would like to know, is Newfoundland not part of Canada?

It is not bad enough the Student Administrative Council has to go booking acts such as Mr. Proia's, with the students' money, but does the Niagara News have to compound this mistake by mentioning this condemning behavior?

Considering the vast array of ethnic backgrounds represented by Niagara College students, both permitting this form of entertainment on campus and glorifying it in our college paper is totally unacceptable. In my opinion, Ms. Older's time would be better spent focusing on this problem, rather than contributing to it.

To even go as far as saying a racist comic was funnier than a self-deprecating comic proves that Ms. Older does not see a problem with this behavior and is encouraging her readers to enjoy this type of humor. I myself have attended several comedy nights at Niagara College, and have always been very impressed with the quality of performance. I feel that this comic was undeserving of the positive review he has received, and as a student of the college, and a Newfoundlander, I am more than a little peeved.

My suggestion to the writer would be to consider who she may be offending before publishing an article that condones such a terrible act.

Thank you,

Jeff Stone
General Arts and Sciences program

Southpaws, unite!

By PAUL JACKSTIES
Staff Writer

The marginalization of left-handed people remains one of the more preposterously disturbing issues to date.

While right-handed people continue to benefit from a society that favors them, left-handed people remain burdened by the shackles of oppression.

For example, the definitions for the words "right" and "left" show their different connotations.

The word "right" can mean virtuous, correct and in accordance with the law. The word "right" is associated with things being good. Would you rather be right or wrong?

The word "left," on the other hand, has its origins tracing back to an old English word meaning weak. In politics, the word is associated with being radical. The expression, "to have two left feet" means to be clumsy.

The truth of the matter is, while right-handed people lead privileged lives, left-handed people are the only ones in their right mind.

The time has come for left-handed people across the world to rise up and take back the dignity that has been robbed from them. We demand equality!

With the approach of a new millennium, the time is right for left-handed people to have access to such basic necessities as the left-handed screwdriver and the left-handed pencil.

We will not tolerate this injustice any longer.

We will not be left behind!

All Staff Are Invited . . Drop in for a coffee and meet our new

Vice-President Martha Casson
Tuesday February 17, 1998 10 a.m. to Noon
Rm. S210 D Simcoe Conference Room

This announcement courtesy of Journalism-Print

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INTERNATIONAL

Chile trade trip

To Chile, Argentina and back.

Niagara College's Research Network for International Trade program is five months old and has already garnered international attention.

The project connects students with small- and medium-sized businesses. A few of these companies have made connections in Chile and Argentina.

Nancy McDonald, a 46-year-old single mom, enrolled in the International Trade post-graduate program when her company was downsized. Becky Quinlan, a 28-year-old university graduate, enrolled because she liked the idea of hands-on education. Theo Ward, a 27-year-old student, enrolled after hearing about the program from one of the program co-ordinators. Grierson Salter, a 25-year-old student, enrolled because of his interest in international importing and exporting.

Although their reasons differ, these students share a drive for success.

In a recent trip to Chile and Argentina, the four students represented their companies. In Chile, the group was dubbed Team Niagara. The team also made connections with the federal government's trade mission Team Canada.

The Niagara Research Network researches the global marketplace for new opportunities for the companies they represent.

Craig Edwards, project co-ordinator for the International Trade program, said the Centre of International Trade here will provide a competitive edge to Niagara College within the academic sector.

NIAGARA COLLEGE CANADA

NIAGARA COLLEGE

International trade in Chile

International Trade Program students, from Niagara College, Nancy McDonald, Becky Quinlan, Grierson Salter and Theo Ward met Prime Minister Jean Chretien on a recent Team Niagara trip to Chile. The prime minister talked to the students while he was on a Team Canada mission in Chile.

Photo special to the Niagara News

Off to South America to promote international trade

An experienced businessman is learning more about the import/export business through his studies in Niagara College's International Trade program.

Grierson Salter, 25, of St. Catharines, says he registered for the International Trade post-graduate program to update his knowledge.

Salter operates an importing and exporting business that ships juice concentrates for winemaking to the southern United States and Europe.

"Because of my prior experience with international trade I understand the importance of internationl trade," said Salter. "The program offers the tools to do so."

Salter, who lives on his own and works full time, said it is hard to balance the two.

"I have to break down my schedules each week and work with a lot of time management," said Salter.

He said the program provides him with what he needs to know so he looks forward to going to the college every day and sees his studies as being a full-time job.

Salter recently made a trip to Chile to represent Wines of Woodsend, of Fenwick, Ont., the company he has been doing research for through the program.

"Our mission, or goal, was to establish export contacts and establish alliances with wine suppliers in Chile."

"I am going to continue in the import and export business so I focused on that while I was enrolled in the program," said Salter.

Commitment and hard work have paid off for an International Trade program student.

Becky Quinlan, a 28-year-old post-graduate, chose the program for its internship opportunity and its hands-on training. Quinlan said she believes in education that provides hands-on learning.

During a recent trip to Chile and Argentina, associated with Team Canada's trade mission, Quinlan represented Proctor and Redfern International Ltd., of Don Mills, Ont.

She first heard of the program through a counsellor at Brock University, St. Catharines. Quinlan, who has a vast educational background, decided to upgrade her business knowledge and looked to the International Trade post-graduate program to do so.

Quinlan said having a very patient and supportive husband has helped her maintain her hectic schedule.

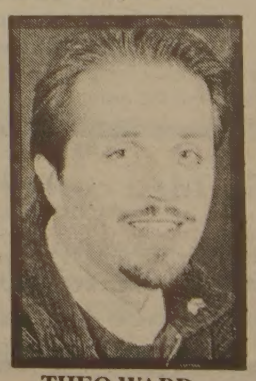
"Depending on what you put into the program, you can gain an incredible amount from it," she said.

She suggests before entering the program students should familiarize themselves with the Internet. They should also be willing to put in time and energy.

"The whole experience in Chile was great," said Quinlan.

GRIERSON SALTER

BECKY QUINLAN



THEO WARD

Having an entrepreneurial bent has driven a student to success.

Theo Ward, a 27-year-old International Trade post-graduate student, has his work cut out for him.

He's completing a degree in Computer Science at St. Catharines' Brock University while taking the International Trade post-graduate program at Niagara College.

Ward first heard of the program through Craig Edwards, the program's project co-ordinator. The long-term and short-term plans for the program interested Ward and influenced his decision to enrol.

Ward is no stranger to the international world. He has experienced many cultures and lived in Dublin, Ireland, San Francisco, Calif., and Vancouver, B.C.

He represented SICON Systems, of Fonthill, during the program's trip to Chile and Argentina.

"This program affords the people in it many different ways to go," said Ward.

He said his family was skeptical about the program when he began.

"My father may have been skeptical," said Ward. "It took a while for him to realize that, today, experience is valued, sometimes over education."

Ward was enthusiastic about the program, saying it is "absolutely worth the work" he has put into it. "The program is worth it for anyone who can take advantage of what it has to offer."

"The program takes a person who is willing to create something out of nothing."

All stories and photos by Tineke Bruinsma

INTERNATIONAL

At left, Brian Lucas, of Winnipeg, manager of the Global Change Game, explains how the game works to one group, including Hyon Ju Lee, 23, of Japan, an International Trade (post-graduate) program student. Lee joined with English as a Second Language program students to manage the North America region for the game on Feb. 6 at Brock University in St. Catharines.

Eileen Jen, 22, of Taiwan, left, and Kiho Hyeon, 26, of Korea, both English as a Second Language program students, co-operate to manage their region for the Global Change Game at Brock University in St. Catharines.

Photos by Minako Yamaguchi

Knowing the world through Global Change Game

By MINAKO YAMAGUCHI
Staff Writer

Change the world!

Niagara College's English as a Second Language (ESL) program students went to Brock University in St. Catharines to join the Global Change Games on Feb. 6.

The Global Change Game is the name of a Winnipeg-based organization dedicated to making a better world through its original global education.

Brian Lucas, the game's manager, and Lynne Geisel originally started this organization six years ago, and now the game selects volunteers from across Canada every year to introduce its performances in high schools, universities and community gatherings.

The ESL students, along with Brock University students, were divided into six regions, including North America, South America, Europe, India, Russia and Arabia.

They were given the current social, economic and environmental situations for their region or country in the late 1990s. Then they were assigned to determine the next 40 years of global history and make their own future.

As they made decisions to maintain the region, environmental problems, such as energy use, climate change, acid rain, air pollution, nuclear accidents, water pollution and loss of biodiversity were discussed.

Each region's leader stood up and asked the other regions for support.

The three-hour team work concluded with the game facilitators leading small group discussions to share and learn from their game experiences.

At the end of the game, some well-developed areas ended up being economically strong countries but having environmental problems.

On the other hand, participants in some developing areas co-operated and thrived.

Perta Sieg, of St. Catharines, a Brock University student, is a member of World University Service of Canada, which sponsors the game.

"Last year, we had the game with students from Niagara College," said Sieg. "Our international office contacted Niagara College's international office to invite them to play the game with us."

Eileen Jen, 22, of Taiwan, an ESL student, said she learned how to run a business, to consider the benefits and to work with members to maintain the region.

"We shouldn't be greedy about money," said Jen, who worked as a part of the North America region in the game, "but we should care more about nature and people."

Global trade experience

By TINEKE BRUINSMA
Staff Writer

A single mom is managing to continue her education without jeopardizing her family time.

Nancy McDonald, a 46-year-old single mother enrolled in the International Trade post-graduate program at Niagara College, is managing to maintain a home life while upgrading her education.

NANCY McDONALD

She enrolled in the program when her former company downsized.

McDonald saw an advertisement in the newspaper about post-graduate education.

"I saw it as an opportunity for a career change. I was interested in the internship part of the program and the possibility of self-employment."

The single mother of a 13-year-old son is testing her time-management skills. McDonald is enrolled in four of the six courses offered in the program. The two other courses are evening classes. She needs those evenings to have time with her son.

"It allows me to have my son as a priority."

McDonald suggests to anyone who wants to enrol in the program to be comfortable with computers and computer software.

"Gain a familiarity with computers in general," she said.

McDonald warns students to be prepared to work independently, but when you need help, don't be nervous about seeking it.

"As a student you must be very self-disciplined."

The program, said McDonald, is beneficial to the students and the companies they represent.

She said the program will give each student some experience with the global trade market.

Fun to teach international students

By MINAKO YAMAGUCHI
Staff Writer

It's been fun for a new teacher to teach international students.

Orla Morgan, of Niagara Falls, has been teaching in the English as a Second Language program at Niagara College since last month.

"I like teaching international students better because I can learn about their cultures, and it's very interesting to know people with different experiences."

After graduating from high school, Morgan studied French and Spanish at Brock University in St. Catharines.

"I really liked it," says Morgan. "It was a small class. My professors are still my friends."

After studying French and Spanish, Morgan took the Teaching ESL program at the university.

Then she went to the University of Western Ontario in London, Ont., where she got her teaching certificate.

"I found I really liked languages and learning French comes easy to me. So, teaching languages came out."

Morgan says she has seen some students at Niagara whom she taught at Welland's Centennial High School, where she worked for four years.

However, she got laid off because of provincial government cuts.

"It was very frustrating, but I have no control of it."

Then she was hired at Niagara College as an English teacher for groups of Japanese high school students who annually come to Niagara, and for the group of 18 Indonesian principals who visited the Niagara Region and the college last fall.

ORLA MORGAN

"I still get letters from those high school students. When I sometimes saw them homesick, I felt sad, but there were much more good things than bad ones with the students."

Also, she says she learned a lot about Indonesia and its educational system. "We got to be friends," says Morgan. "I hope I will hear from them."

Morgan says it's challenging to "think on your feet" while teaching because things are always changing.

"I am very happy about my job," says Morgan, "but I will be sad when April comes."

She is teaching the ESL program at Niagara until this term ends.

"I don't know what I am going to do. In May, my sister is moving to Alaska, so I will be driving across Canada. That will be good."

Morgan says she enjoys having family road trips with her five-year-old son, Bryan.

Before teaching international students, Morgan says she didn't have any idea about these students, but now has a better idea how it is to live in another country.

"It's difficult to learn a new language, but these students have done the best by coming here away from home to learn English," she says, "but they have to practice to speak English as much as they can."

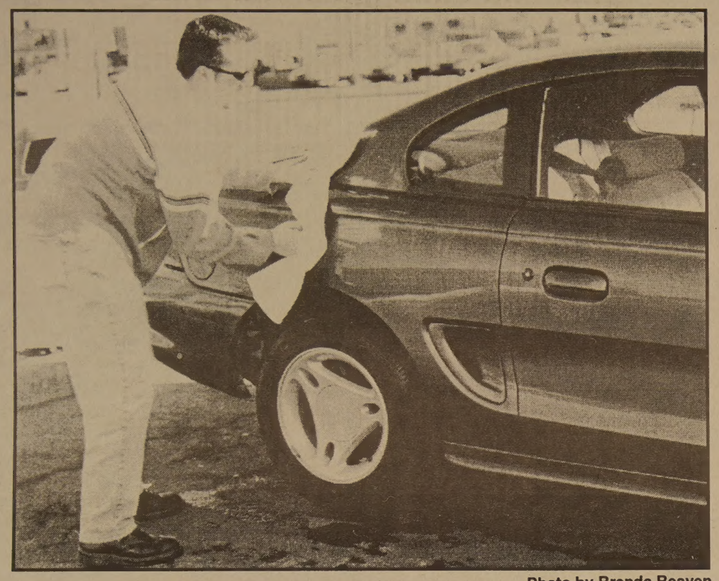


Photo by Brenda Beaven

Photo by Crystal Older

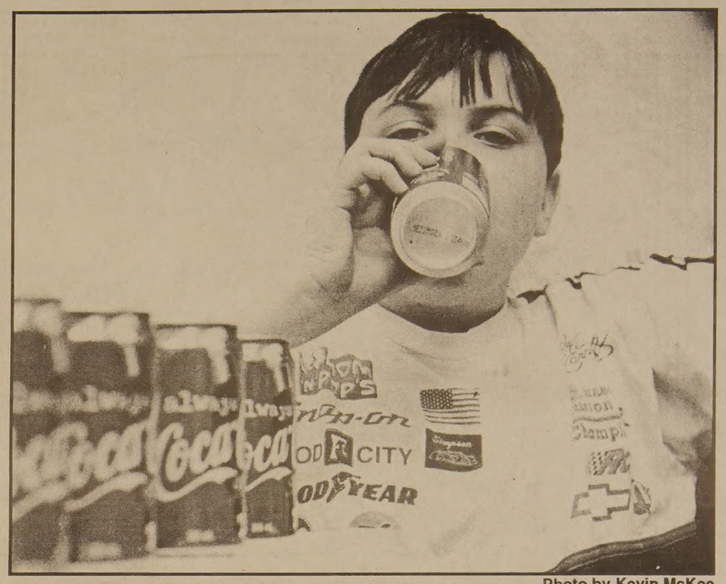


Photo by Kevin McKee

Defining Passion

Photo by Crystal Older

Photo by Crystal Older

By CRYSTAL OLDER, KEVIN MCKEE and BRENDA BEAVEN
Staff Writers

Cupid has shot an arrow into these people's hearts.

Passion is in the air. What does love really have to do with it?

Passion comes in many forms, as an obsession, as loving or caring for another person or a pet, but maybe passion, to you, is food or religion.

The Canadian Oxford Dictionary defines passion as a strong emotion, sexual love, and great enthusiasm. What would the world be without passion?

There is one special day a year that most defines passion and love — Valentine's Day.

Feb. 14 is the day when you and your partner, or friend, could define your friendships.

Some people say a dog is man's best friend, but that isn't always true. In some cases, a car is a man's best friend.

Children's passions change by the day. One day it could be a fish, the next a donut, and the next Coca Cola.

Then there are those people who find religion a passion. They embrace every moment.

Tradition-oriented people spend Valentine's Day kissing and hugging, embracing in their own passion.

Most important, people should remember that whatever their passion, it's something they'll hold close forever.

Photo by Kevin McKee

ENTERTAINMENT

Blue Rodeo remains Canadian favorite

Cuddy's crew delivers

By PAUL JACKSTIES
Staff Writer

Canadian music icons Blue Rodeo made a stop on their current Canada-wide tour to play a concert at St. Catharines' Carrousel Hall on Feb. 6.

Songwriting partners Jim Cuddy and Greg Keelor were in fine vocal form, sharing their band-fronting duties to entertain the capacity crowd with their special blend of blues, rock and country music.

Beginning promptly at 9 p.m. the six-man band began the show with one of its newer tunes, *No Miracle*, from the current CD **Tremolo**. The opening set progressed nicely with the band playing a well-selected mix, pulling out favorites such as *Rose Colored Glasses, Try,* and *Outskirts.* They closed the hour-long set with the rocking *Diamond Mine*, a classic Rodeo gem.

The band returned after a 25-minute break to deliver a whole new impression by bringing in a range of different instruments, such as mandolins, a violin and a stand-up bass. Gone were the electric guitars to be replaced by acoustic ones. All the members were seated side by side at the front of the stage to create a cozy, feel-good mellow atmosphere. Even the drummer came out from behind his kit to play a smaller version of his instrument up front with brushes rather than sticks.

The zither and keyboards provided additional sounds. It's this spectrum of diverse instrumentation that, in part, marks Blue Rodeo as one of Canada's favorite mainstays.

About midway through the second set the band returned to its electric guitars and let loose with such first-rate hits as *Trust Yourself, Lost Together* and *Five Days in July.*

"You don't really know how many hits they have until you see them play live," said seaway Captain Dino Macdonald, 38, of St. Catharines.

What the rather sedate crowd lacked in enthusiasm they made up for in numbers. The hall was literally filled to the rafters with about 2,500 toe-tapping fans showing up for the sold-out concert.

Blue Rodeo played songs from their new CD as well as digging back into their past for some older favorites.

Photo by Paul Jacksties

Comedians entertain students

By CRYSTAL OLDER
Staff Writer

At 9 p.m. on Feb. 4 Niagara College's After Hours' tables were full, a sure sign of a good show.

Comedian Paul Wildbaum and Tony Molesworth were primed for a full house.

Molesworth, of Toronto, was the first to perform.

He's been working with Yuk Yuk's for 20 years and has travelled the world with circuses including Serbia and Israel.

"I believe that I was part of *Commedia dell Arte* in a past life," says Molesworth.

"I'm an escapist that likes to play with toys."

Molesworth was a feature performer on the Howie Mandel Show. He started his Niagara show by pulling scarves out of his mouth.

He made fun of Chinese food in Canada. "Instead of having sweet 'n' sour chicken balls, we have sweet 'n' sour moose balls."

Molesworth played the clarinet and made paper bag puppets, then juggled balls while eating a pepper. He also juggled knives.

In his marathon of life segment, Molesworth and an audience member pretended to be sperm and had a slow-motion race to the egg.

Molesworth left the audience in hysterics and wanting more.

Next was headliner Wildbaum.

Wildbaum, also of Toronto, has been a comedian for over 20 years, performing in festivals overseas playing clowns and mimes.

Wildbaum says, "I did comedy because it was always what I wanted to."

Wildbaum has always done physical theatre. "I have worked more and more as an actor, but I am constantly being cast as a junky, or bum . . . something my parents would fear I would become."

"Because of my bad attitude the only thing that fit was comedy expression which, in a way, was an ongoing therapy," says Wildbaum.

The first 20 minutes of his act were silent, all mime. He conducted a bell orchestra by inviting people out of the audience and lining them up to play "Doe, a deer, a female deer."

Ever creative, he used paper to create a baby, a fan, a ballerina and a masked clown.

Wildbaum fills After Hours with laughs.

Photo by Crystal Older

Goldfinger slays 'em

By ANDREW HALL
Staff Writer

With the house packed at St. Catharines' The Vault on Feb. 7, Goldfinger proved why they have the Midas touch.

As the lineup grew down St. Paul Street, the wind began to pick up. Just when people thought the mercury couldn't drop any further, Mother Nature decided to prove them wrong.

Then it happened. A rush of warm air followed the opening of the doors. People began to pull out their ID and shuffle towards the door.

"At this point I don't know what I want more — to see the band or just to get inside and get warm," said Marna Coppel, 19, of Thorold.

As the crowd began to pack around the stage, the anticipation grew. After a short warm-up period the band took the stage. The crowd roared in response.

With a quick twang of feedback the show started.

Goldfinger played most of their more familiar songs, including *Lonely Place*, plus a host of others.

Fans appeared extremely responsive to the band. "I think they're great . . . one of the better radio-type bands," said Kyle Sturgess, 20, of St. Catharines.

The band began playing shows in their native California, but began touring after the huge success of their first, self-titled album.

Their punk-based sound may seem a bit poppy at times but anyone listening to Goldfinger can't help but enjoy them. Their lyrics tend to be positive and fun, but a trained ear can pick up subtle hints of more serious points in most of their songs.

When the band finally left the stage, people seemed dazed.

After nearly 30 minutes the crowd emptied out into the streets. People remained jubilant as they moved off to cafes, bars, or even home to listen to their Goldfinger CDs.

Pick up your copy of the Niagara News at

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ENTERTAINMENT

Video Guy switches between laughs, chills

Lies produce big laughs for Carrey

By PAUL JACKSTIES
Staff Writer

Even my cat was laughing at *Liar, Liar,* one of the funniest movies I've seen in years.

Starring the brilliant rubber-faced Jim Carrey, the story's about a liar, er, lawyer who tells lies almost as often as he opens his mouth.

When his son's birthday wish, to have his dad tell the truth for 24 hours, comes true the movie's clever premise takes flight. I was crying with laughter as Carrey's character comes to understand the repercussions of his situation. Even my neighbors were laughing.

With an important court case on the agenda, Carrey's character tries desperately to first get the case delayed, then has to deal with matters when his attempts fail. The comic antics that transpire are priceless.

I was laughing so hard at Carrey's physical comedy I stopped the video, took a cab downtown and went to the funeral home where even the 95-year-old funeral director was laughing.

There's no way viewers can go wrong with this one. Rent *Liar, Liar* if you haven't already seen it. I'm not lying.

The Video Guy changes gears here, from comedy to creepy for this next review.

Anytime Director David Lynch comes out with a new movie there's always hope he might make another film as terrifying and brilliant as his *Blue Velvet*. Unfortunately, he hasn't yet been able to match that success and doesn't do so with his latest movie, *Lost Highway.*

The biggest problem with this movie is that it's too confusing, as was his television series, *Twin Peaks*. With characters, inexplicably interchanging with other characters the viewer just doesn't know what's going on.

Lynch gets credit for setting up some genuinely spooky scenes. His sense of the unusual and quirky is always stimulating to watch.

I think the problem with much of Lynch's work is that he's striving too hard to be an intellectual artist and he's let slip the importance of good basic story-telling.

If you're a Lynch fan and haven't seen this one, you might want to out of sheer curiosity. Otherwise there's not much in this slow film worth sitting through for two hours plus.

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Next Issue March 6

Local band triumphant

By TRACY JAY
Staff Writer

Big Boss, the winner of the Battle of the Bands, was formerly known as Manseed and won the same competition in 1996.

Since the band changed its name from Manseed, it has added and subtracted members, changed its name, but still is No. 1.

All members are from St. Catharines, except Geoff Collins (his stage name is G. Kahlins), 20, who is from Dunnville, Ont., and American Joshua Case (Case), 20. Collins is the student representing Niagara College and is in the Art and Design Fundamentals — Graphic Design Production program.

Three and a half years ago, the core of the band was built. Matt DiFranco started looking for the right people to jam with.

The band's two original members, Matt DiFranco (Matt D.), 22, and Denis Serron (John Lloyd), 20, recruited Collins, who was formerly a member of Nocturnal, a band that performed in the 1996 Battle of the bands. Case was also recruited at this time.

Last to join this winning band was Eric Lett (Super Sly), 19. He auditioned when the band did a ten-month search for a new guitar player.

"Lett jammed with us through the spring of '97 and he fit the bill," said DiFranco, lead vocals for the band. "After that he was in, and started with us permanently in July."

Big Boss won $500 in paid recording studio time.

"We want to take one of our original songs and re-record it. We're planning on using the full eleven hours, and even buying a few more hours on our own," said DiFranco. "We have lots of plans and expect to make the most — and more — of this excellent opportunity."

The band has already played at Lee's Palace, the place where the winners get to perform, a couple of times. They said they are really looking forward to this time because "usually you have to grovel for a spot, and you usually get a Wednesday night opener or something where there are approximately 25 people."

'We knew what we were doing.' — DiFranco

The members of Big Boss said they are excited by this opportunity to represent this part of Niagara. They also said they had a feeling there was a good chance at winning this competiton.

"We knew what we were doing," said DiFranco. "We already released a CD called **Enter Tha Dragon**, and after just two shows sold 150 copies."

Penner comes to Brock

By KEVIN MCKEE
Staff Writer

The one and only undisputed champion of children's entertainment, Fred Penner, is coming to town.

Penner will appear at the Sean O'Sullivan Theatre at Brock University in St. Catharines Feb. 22.

Multiple award-winner Penner has chalked up 10 albums with record sales of more than one million, eight home videos and a popular CBC television program in its 13th season.

Tickets for this family event cost $12. They are available by calling the Box Office (905) 688-5550, ext. 3257. Hours of operation are Monday through Friday, 10 a.m. to 7 p.m. and Saturday from noon to 4 p.m.

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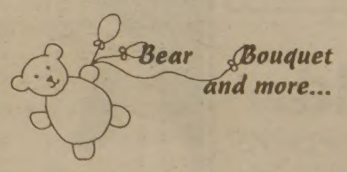

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BETWEEN THE PAGES

Prepare for great time at Larry's Party

By CARRIE CHEHOWSKI
Staff Writer

It's party time in the world of books.

Canadian author Carol Shields has written another literary masterpiece entitled *Larry's Party*.

Set over a 20-year period, the novel takes the reader deep into the life and mind of Larry Weller.

Born in 1950 in Winnipeg, Larry is an "ordinary" individual leading an ordinary life.

The novel starts with Larry as a young man working in a flower shop. Soon, Larry's life becomes more organized as he ventures into marriage.

The reader may feel close to Larry since Shields has developed an in-depth character easy to relate to.

After two failed marriages, the death of his father and the success of his own maze business, "A/Mazing Space Inc.," Larry faces the biggest challenge of all — trying to figure out who he is.

Shields, the chancellor of the University of Winnipeg, has written this 339-page novel brilliantly.

Author of the acclaimed *Stone Diaries*, Shields has proven here she can effectively write about a man as well as she has written about women in her previous books.

I would recommend *Larry's Party*, published by Random House of Canada, to readers of any age and any sex. I thoroughly enjoyed this novel and appreciate Shields' skill at effectively giving us a male character easy to both relate to and become involved in his life.

Captivating novel

By KAREN GELLATLY
Staff Writer

Italian is the language of love. Irish author Maeve Binchy has created another fabulous novel entitled *Evening Class*. It is written in sections that seem more like short stories, until they intertwine in the last few chapters.

Aidan Dunne is an unhappily married man with two teenaged daughters. He is a school teacher who creates a night school course in conversational Italian. He hires Signora, a mistress whose lover has just died, and who has left Italy to move back to her native Ireland.

The remaining chapters involve the participants in the class, a medley of unlikely scholars from the surrounding area of Dublin.

Near the end of the novel, all comes together with a dramatic finish full of action and tension, vastly different from the rest of the novel.

Binchy's list of novels includes *Light a Penny Candle*, *The Glass Lake* and *Circle of Friends*, which was made into a movie. *Evening Class* is published by Little, Brown and Co. Ltd.

The 400 pages are filled with subtle intelligence, wit and humor.

Of all Binchy's novels, I found this one the most captivating, as it kept me reading to the finish.

This novel has something different

By BRADEN TANGUAY
Staff Writer

Looking for something a little different from the average novel?

Then have I got a book for you.

The Tattooed Map, by Barbara Hodgson, is the mysterious story of Lydia and Chris, who travel through Northern Africa in search of antiques and adventure.

One day, Lydia awakens to find a strange mark on her hand. She soon realizes the mysterious mark is actually a map that is slowly growing over her entire arm.

Reluctant to tell Chris, Lydia tries to solve the cryptic map, but she disappears, leaving Chris to unravel the mystery of the map and Lydia's disappearance.

The novel is unusual in the way Lydia tells us the story through a daily journal she keeps. The journal includes drawings, photographs, conversations and maps she records during the journey.

Chris takes up the journal after Lydia's disappearance, recording his search for her and the growing puzzle of the tattooed map.

This is Hodgson's first novel and it pleasantly breaks away from orthodox writing styles, giving the book a unique, fresh and exciting approach.

If you're looking for a change, check out *The Tattooed Map*.

Light and easy read

By JENNIFER WALKER
Staff Writer

It started on stage, is now a book and is soon to be a movie.

Julia Sweeney tells a story of the worst year of her life in *God said "Ha!"*

Her brother was diagnosed with lymph cancer, her parents and her brother moved into her small home, and just three weeks before her brother died she was diagnosed with a rare cervical cancer.

Sweeney is an actor, comic, storyteller, writer and a survivor.

She is most famous for her four-year stint on Saturday Night Live as the androgynous Pat.

In the seriousness of the situation, she finds humor and optimism.

Although this book is not worthy of a literary prize, her uplifting and very sarcastic attitude make this book fun to read.

She tells her tale in 34 short chapters in the 171-page book. Every incident is a new chapter.

Bantam Books brings you this light and easy read, which you can easily read in one sitting.

The book has a slightly religious slant and that slant is treated humorously.

Quentin Tarantino, a good friend of hers, is the producer of the movie *God said "Ha!"* expected to be released sometime this year. Sweeney will star in the film.

Grisham strikes gold

By JENNIFER COTE
Staff Writer

Best-selling legal writer John Grisham has struck gold again with his latest, *The Partner*.

Grisham, author of eight popular novels, takes a lot of heat from critics and reviewers who contend his novels are "brainless" and a mesh of the same ideas over and over again. Despite this, Grisham's books are always at the top of the best-seller lists.

The premise for his latest novel, *The Partner*, however, is unique and refreshing.

In *The Partner*, 42-year-old Patrick Lanigan escapes his fast-lane lawyer's life, his model wife and his young child to start over.

This could be almost anyone's secret dream, but Lanigan could have pulled it off, except for one thing. Before disappearing, Lanigan stole $90 million from the law firm in which he had become partner.

Now Lanigan has quite a few people after him, and when he's caught, the truth only he knows sets off a chain of explosive events.

Published in paperback at a steep $10.99 by Island Books, *The Partner* is, nevertheless, a captivating read.

Happy Valentine's Day from Journalism-Print

Niagara College's Mid-Winter Break for the 1998 Winter Term will be Feb. 23-27.

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SUPER SUCKER
RIEHL DEAL
AT LAST I'M GOING TO WIN THE NOBLE PRIZE FOR JOURNALISM.
TAP TAP

Cancer, try something romantic

By RACHEL LEECH
Staff Writer

Aries (March 21 to April 19) — You know all you need to know and then some. It's time to make your decision about that special someone. Do you like that person enough to make something of it? It's decision time.

Taurus (April 20 to May 20) — You've overcome that friendship barrier. Now it's time to hit the bars. Live a little, go out with a group of your best pals and have a blast.

Gemini (May 21 to June 20) — It's time to set a new path for yourself. Consider where you would like to be in the future and head that way. It is good to have something to look forward to. Set long- and short-term goals.

Cancer (June 21 to July 22) — Disappointment was a sure guess. That special someone in your life certainly expected a glittering gift and now the heartache is evident. Will you attempt to make amends? Try something a little romantic.

Leo (July 23 to Aug. 22) — Your energetic high is beginning to fade. Try to complete all your tasks this week while you still have the drive. You may find yourself slipping into a slump very soon. Don't fret because it won't last long.

Virgo (Aug. 23 to Sept. 22) — That weekend bash may now be taking its toll. You're not as young as you used to be. This week will be long and stretched out. Don't worry, for the weekend will come eventually.

Libra (Sept. 23 to Oct. 22) — You've tackled your problems and they are now fading away. What seems to be the end of your world often is not. You've been spending too much time fretting over the little things. It's time to have some fun.

Scorpio (Oct. 23 to Nov. 21) — You may need some time to yourself. Don't worry. That special someone in your life will understand. You've been entertaining others for too long. Take the time to entertain yourself.

Sagittarius (Nov. 22 to Dec. 21) — Rest was what you needed. You suddenly have an energy boost. Use it to your advantage. If you're lagging behind in work, don't fret because you always get caught up.

Capricorn (Dec. 22 to Jan. 19) — You are a social butterfly this month, or at least that's what everybody thinks. You may feel as if you deserve an honorary degree in counselling. Remember you have problems of your own.

Aquarius (Jan. 20 to Feb. 18) — Love is in the air. Take a deep breath and inhale. Enjoy the feeling of being admired. Someone special will be puckering up for some intense romance.

Pisces (Feb. 19 to March 20) — It's time to decide where you really belong. Some people in your life may be feeling neglected and they have every reason to feel that way.

For entertainment purposes only.

Word Search

By CRYSTAL OLDER
Staff Writer

S	A	B	C	D	S	P	I	H	S	N	O	I	T	A	L	E	R
Y	T	E	F	G	H	I	H	S	E	T	A	L	O	C	O	H	C
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Words

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Heart
Chocolates
Stuffed Teddy Bear
Roses
Carnations
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Kisses
Hugs
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College, city key players in 1999 rowing championship

By ANDREA FLINDALL
Staff Writer

Niagara College and its students will play a role in the 1999 World Rowing Championship in Welland.

Athletes in the competition will stay at the college's residence.

The South Niagara Rowing Club (SNRC) will host the Regatta of Americas Canadian Masters Championships on Aug. 18 to 22, 1999.

The SNRC has been operating a rowing facility for more than 21 years, providing services to Welland, Port Colborne, Pelham, Wainfleet and Fort Erie.

Since 1976, the SNRC has provided organized rowing programs for the community including rowing camps, learn to row, masters rowing, winter and dry-land training.

Many canoeing events are held, including the Ontario Sprint Championships and National Team trials.

The club hosts seven annual regattas, including Head of the Dain, Canadian Championships and SNRC Masters Regatta.

These events increase annually in size of competitors and spectators.

In 1996, the 60-member British Olympic rowing team trained on the course for two weeks before leaving for the Olympics in Atlanta. They will return in 1999 for the world championships.

Club members are involved in the Central Ontario Rowing Association, the Ontario Rowing Association and Rowing Canada Aviron.

"Rowing is a fantasic sport," said Roman Kruczynski, SNRC president.

"It allows young and old to benefit from its physical demands to keep you healthy and also it allows its psychological demands to keep you alert."

Athletes who row tend not to get into trouble with the law, have focused career goals and give back to the community with volunteer work, he said.

The Welland course, nicknamed the "Great Dain" to best describe the history of the location and potential of the facility, is focused on many improvements and upgrades.

SNRC has designed Project 99, the "greatest challenge the club has ever taken on," said Kruczynski.

The committee sees the project as "a major opportunity for economic growth in our community."

It is a community effort in order to raise $1 million in fund-raising.

The committee is looking for companies and organizations to aid in the fund-raising. The bigger the contribution, the more permanent advertising that will be given at the SNRC.

For example, permanent letters may be displayed on the boat house visibly to the community.

Small groups can team up on items. Large corporations may be interested in sharing a project between their local facility, national head office and international parent company.

Some course improvements include a fully functional boat house ($675,000), a parking area and lot grading ($200,000) and grand stand/finish line station ($60,000).

The committee is hoping for corporate donations, community donations and government grants for funding.

The account stands at more than $50,000 from an earlier donation from Canadian Tire Acceptance Corp. in Welland.

Project 99 is becoming a community effort.

Third-year Construction Technology program students at Niagara College are working on design proposals for new grandstands and official stations for the racing part of the course.

Notre Dame High School students are designing the Regatta of the Americas (RA) logo and poster art work.

The RA committee is comprised of 50 volunteers, including Susan Noyes and Sonya Smith, two past city councillors.

John Deere Welland Works, located beside the course, has managed to get crews together and on the water after work. John Deere retirees are involved in RA meetings and other club projects.

The completed improvements and progressive growth of the club are the result of endless hours of work by dedicated SNRC volunteers, support from the Welland/Port Colborne Rowing Commission and community organizations, and government funding.

The success of these athletes continues to grow and benefits the community as more people join the programs and participate in the events, said Kruczysnki.

Project 99 will embrace a pro-environmental theme. The serenity and park-like surroundings will be incorporated into the plans as much as posssible. This will ensure a place for families and friends to go for walks or picnics, or to watch crews train.

Other highlights of the festival include the Royal Canadian Henley Regatta on July 28 to Aug.1 in St. Catharines and the Commonwealth Championship Regatta and Canada Cup Internationmal Regatta in London, Ont., on Aug. 5 to 8.

The World Rowing Championships will be held in St. Catharines on Aug. 22 to 29.

Volleyball hot spot

By ANDREA FLINDALL
and MARK RIEHL
Staff Writers

Niagara College is the hot spot for volleyball stars this season.

Besides hosting the all-star volleyball games on Jan. 17, the college will host the Ontario College's Athletic Association (OCAA) men's volleyball championships.

The college's men's team is second in the West Region after dropping three straight games to Etobicoke's Humber Hawks. The team ends its regular season with a 9-3 record.

"The Hawks simply passed better than us and it seemed like both teams were scared to play," said Knights' head coach Blair Cudmore.

The loss means the Knights start playoffs immediately, but will have home court advantage.

From Thursday, Feb. 19, to Saturday, Feb. 21, the top six college teams in Ontario will fight for the provincial title.

The first place teams in the East and West regions are automatically in the championships.

The second place teams play the fifth place teams in both divisions and the third place plays the fourth. This decides the remaining four positions heading into the weekend.

The college bid for the chance to host the OCAA finals.

Ray Sarkis, athletic director, said the arrangements include accommodations, media coverage, proper facilities and a banquet.

The cost to host the event is $2,700. All participating schools help pay for the essentials, such as officials, meals, a banquet dinner and refreshments.

The event, which "is well publized, ipeluding local public and high schools, is expected to attract over 1,000 people in the two days of games," said Sarkis.

Many prizes will be given, including certificates for league all-stars and most valuable players and trophies for the league champions.

One all-Canadian player from each division will be chosen and awarded a plaque.

"This is an honor and will be very exciting," said Sarkis.

On Thursday, Feb. 19, the teams are alloted practise time, the coaches have a meeting and a banquet takes place in the Welland campus cafeteria.

On Friday, Feb. 20, the teams, which are split up into two pools, play three matches each to determine the top two teams in each pool. These four teams play in the finals on Saturday, Feb. 21.

The bronze medal match will be at 2 p.m. in the Welland campus gym, followed by an awards presentation.

The gold medal match will be at 4:15 p.m., also followed by an awards presentation.

Ticket price 'was perfect'

By MARK RIEHL
Staff Writer

A successful trip to Buffalo, N.Y. for a Sabres National Hockey League game has Niagara College's Student Adminisrative Council (SAC) making plans to hold another trip to the Marine Midland Arena next month.

Thirty-one Niagara College students traveled to Buffalo to watch the Buffalo Sabres face-off against the Boston Bruins on Feb. 4. The tickets for the trip were $35 Canadian. Seats for the game were 13 to 17 rows up from ice level on the left side behind the net.

"Everyone reacted very positively and we had excellent seats and the price was perfect. The students were surprised about how good the seats were," said Ajay Chugh, an employee at After Hours.

"This was my first NHL game and I enjoyed it," said Bruce Haslam, 25, a first-year Health Sciences program student. "It was fun to watch. I can't complain, for 35 bucks we had great seats at a great price for a great time."

With more than a minute left on the clock, the Buffalo Sabres tied the game sending it into overtime and the 2-2 final.

"The trip was phenomenal, the game was great and it was amazing seeing the new arena (Marine Midland Arena)," said Robin Olyschlager, 19, a first-year Recreation Leisure Services program student.

Ontario College Athletics Association West Region Standings

Men's Basketball

Team	GP	W	L	PTS
Mohawk	10	10	0	20
St. Clair	10	8	2	16
Niagara	9	6	3	12
Sault	12	5	7	10
Redeemer	9	3	6	6
Fanshawe	10	2	8	4
Lambton	10	1	9	2

Women's Basketball

Team	GP	W	L	PTS
Humber	11	11	0	22
Seneca	10	9	1	18
Fanshawe	12	9	3	18
Durham	12	6	6	12
George Brown	11	4	7	8
Mohawk	11	3	8	6
Niagara	11	3	8	6
Georgian	12	0	12	0

Men's Volleyball

Team	MP	MW	ML	GW	GL	PTS
Humber	11	10	1	31	9	20
Niagara	12	9	3	30	14	18
Cambrian	12	7	5	25	19	14
Mohawk	11	6	5	24	16	12
Seneca	11	6	5	19	22	12
Redeemer	11	1	10	9	31	2
Georgian	12	1	11	7	34	2

Women's Volleyball

Team	MP	MW	ML	GW	GL	PTS
Sheridan	11	10	1	32	6	20
Niagara	12	9	3	29	16	18
Redeemer	11	8	3	25	17	16
St. Clair	11	6	5	24	20	12
Lambton	12	4	8	17	27	8
Sault	12	3	9	16	28	6
Mohawk	11	0	11	4	33	0

Tournament stepping-stone for Niagara hockey

Niagara may become varsity team again

By MARK RIEHL
Staff Writer

Niagara College hockey players have taken the first step on the ice to show it's still a hockey school.

The Niagara men's intramural hockey league sent one team to represent Niagara at the Peter Maybury Cup hosted by Oakville's Humber College. The two-day tournament involved six college and six university teams competing at Etobicoke's Westwood Arena Feb. 6-7.

NIAGARA 0
HUMBER NORTH 8

Hitting the ice against the Humber North home team, Niagara's intramural team dealt with full body contact and players experienced in varsity action. Niagara usually may play once a week and has no body contact in games.

Niagara's goaltender Aaron Johnson came under fire in the first game, facing 12 shots as Niagara made no shots on the Humber netminder.

With 2:26 left in the second period, Niagara took its first shot on net. At the end of the period Niagara was down 6-0 and were outshot 22-3.

Johnson battled throughout the game, eventually losing 8-0, but played exceptionally well. He faced 36 Humber shots to Niagara's four.

"Humber had their stuff together, but our team showed a lot of heart and never gave up," said Niagara's goaltender Johnson, 20, a second-year Recreation and Leisure Services program student. "Most of the guys on our team have never played together but in the third period we got our stuff together."

"We have a lot of talent on the team but we only have five players who have played together," said Chris Roik, 23, a second-year Law and Security Administration program student. "It's important to know your teammates and your line. In the third period we started to play like a team."

Dennis Tardiff was named Most Valuable Player (MVP) for Niagara in the game.

NIAGARA 3
U OF T (MISSISSAUGA) 5

In its second game, Niagara took on the University of Toronto team, winners of last year's tournament.

The Knights fell behind early, down 4-0 nearing the end of the period. Jeff Schwoob, Niagara's netminder, faced many shots. His skill kept the team in the game.

Niagara's first goal came with 2:45 left in the first period when Tardiff banged home the feed from Jeremy Baker.

Only 46 seconds after Niagara's first goal, Tardiff scored his second goal when he accepted the pass from Baker, went in alone, took the first shot and his own rebound as he slipped it past the goalie, cutting Niagara's deficit to 4-2.

The second period was a scoreless affair for both teams.

Tardiff netted his third goal on the power play for the hat-trick at 11:24 in the third period as Baker received his third assist giving Niagara a deficit of one with half a period left.

With three seconds left, U of T put the game away with an empty netter taking the 5-3 victory.

"That's the way to regroup and that was worth being behind the bench," said Niagara head coach Fred Bassi to the team after the game. "Once you guys got in the game, then you were playing hockey.

"We turned from the make beliefs to the Maple Leafs," said Marc Leblanc, 22, a third-year Broadcasting — Radio, Television and Film program student. "Every game, our team keeps improving. Hockey is a lot of fun when you play for a team that improves."

"Team wise we played better and we showed a big improvement and we played like a team," said Randy Syer, 22, a Journalism-Print program student. "When we got our first goal that was a huge monkey off our back and a big confidence booster and carried us through the game."

Baker, who had three assists, was named the game's most valuable player for Niagara.

NIAGARA 3
MOHAWK COLLEGE 7

After dropping their first two games, Niagara entered the consolation semi-finals against Hamilton's Mohawk College for a 10:30 a.m. start on Friday.

For the third straight time the opposition scored first. Sixteen seconds into the game, Mohawk jumped out quickly taking the early 1-0 lead.

"I couldn't get into the groove and I couldn't make that first stop to get us going," said Johnson, starting goaltender for Niagara.

With 9:36 left in the first period, Niagara's Alex Touhousse scored, tying the game 1-1. Tardiff and Wayne Leblanc assisted on the goal.

Mohawk took a 3-1 lead until Niagara got back on the scoreboard when Tardiff scored his fourth goal of the tournament. Leblanc and Baker assisted on the goal that cut Mohawk's lead to 3-2.

Fatigue settled in for Niagara when they stayed off the scoresheet for the rest of the game giving Mohawk the 7-2 victory. Injuries also played a role as many Niagara players weren't in shape for contact hockey.

Leblanc, who had two assists for the tournament, was named Niagara's MVP.

In a post-tournament analysis, many thoughts arose from the players questioning why Niagara doesn't have a varsity team, while others believe this tournament could be a stepping stone for Niagara College hockey.

"One of the reasons I came to Niagara was to play on the varsity hockey team," said Jeff Taylor, 22, a third-year Broadcasting — Radio, Television and Film program student.

Niagara's goaltender Jeff Schwoob makes the save during Niagara's loss to U of T Mississauga 5-3.

Photo by Mark Riehl

"This was a great tournament and this is good groundbreaking to get varsity hockey back at Niagara College," said Syer. "A varsity hockey team is an integral part of college life in Canada."

For coach Bassi this was his first time behind the bench in three years. He coached hockey for 24 years when Niagara had a varsity team.

"I sure had a fun time coaching in those three games," said Bassi. "If Niagara had a varsity team again then I might coach again."

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Everything from bugs to ivy

By KAREN GELLATLY
Staff Writer

The amount of information here is not small, just specialized.

Niagara College's Horticultural Centre's Learning Resource Centre (LRC), in St. Catharines, is very small but specialized, containing only horticultural books, periodicals and catalogued articles from magazines.

"They are reader's guides on a smaller scale," said Linda Woelfl, library technician for the campus.

All these are kept at the campus LRC. "It gives them (first-year students) a good starting point," said Woelfl. "This is very specific and unique to this campus."

The LRC also maintains a collection of eight cases of mounted insects, which students can study. Each case contains 22 insects in specific classifications such as butterflies and cockroaches. The collections help the students to identify which types of insects are harmful to plants.

The LRC holds videos on horticultural interests. It is open three hours daily. "I try to have a little bit more hands-on approach," said Woelfl.

LI

Energetic librarian enjoys job

Making students feel welcome

By KAREN GELLATLY
Staff Writer

She's a busy woman.

Linda Woelfl, 39, of St. Catharines, became a library technician because of an interest in books.

"You have to have lots of energy," she said about becoming a library technician. "A good memory would also be good, and you have to like working with people."

Woelfl worked at Brock University in St. Catharines in the cataloguing department as a bibliographic assistant. She went to Teachers' College at Brock. She graduated from the library technician course at Niagara College's Welland campus in 1980.

Woelfl has worked at the Learning Resource Centre (LRC) at the Horticultural Centre in St. Catharines for four years, following a one-year break. Previous to this, she worked at the St. Catharines campus for two years.

Woelfl is married with two sons. She works part time at the LRC, 15 hours a week.

She said she enjoys "working with the students and faculty. I think they feel welcome here."

Woelfl is in charge of "everything" at the Horticultural Centre, has a liaison with the Welland LRC where she gets her supplies, and suggests the ordering for the LRC.

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Experience talks against drug abuse

By JONATHON NARVEY
Staff Writer

The fight against drug abuse continues in Welland.

Vito Diana, Maya Gorup, and Dave Theoret gathered signatures and financial donations for the Lucien J. Engelmajer International Organization (LJEIO) outside the K Mart store in the Seaway Mall.

The trio had their booth set up Jan. 26 to Jan. 30. They had brochures and magazines available for people who wanted information on the dangers of drug abuse and AIDS, and background information on LJEIO.

"We're just trying to gather support for a good cause," said Gorup, who is from Slovenia and has worked with the LJEIO for the last two years.

LJEIO is an international organization founded by Lucien Engelmajer in 1972, in France. The organization tries to educate people about the dangers of drug abuse and has been directly involved in humanitarian aid missions in many countries.

"People have been very supportive. We've received a lot of response while we've been here," said Diana, who has also worked with the LJEIO for two years.

He is a former drug abuser who has been rehabilitated, said Diana. As a former drug addict, he says he feels better qualified than others to educate people about the dangers of drugs.

Diana said all three of them lived in Toronto, but "we travel around a lot, speaking at schools and parishes throughout Ontario letting people know about the issue."

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With DJ Martin Chiarot

Badawey continuing city's momentum

By BARB GREGOR
Staff Writer

While some politicians talk about getting things done, this politician wants to be known as a man who gets things done.

Vance Badawey, 33, is Port Colborne's newest mayor. "Born and bred in Port Colborne," Badawey and his family have owned a marine food supply business in Port Colborne for 75 years.

His father and grandfather served on council, but he is the first mayor.

"I didn't know whether I wanted to run. I kept trying to talk myself out of it, but my wife Lisa told me that if I don't do it now, I will regret it in years to come," says Badawey.

He says the people of Port Colborne are very important to him, especially the youth.

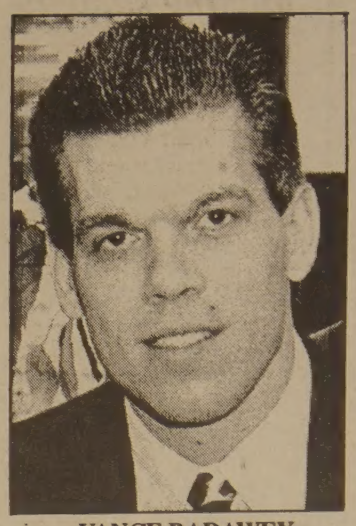
"We have a lot of programs for the young, but there are gaps that need to be filled. We have to reach every kid."

He says when he leaves the office at night, he sees young people hanging out around the municipal parking lot. Sometimes he stops and asks them what they want.

They tell him they want a coffee house or somewhere they can have dances.

Badawey spent one year at North Dakota State University on a hockey scholarship, studying law.

He left school to help run the family business. He says he has no regrets because he's learned more from hands-on experience than he ever could have from academic studies.



VANCE BADAWEY

One of his priority projects is the "bridge across the weir" that will span the island between the old and new Welland Canals. The bridge will make it easier for emergency vehicles to reach both sides of Port Colborne.

The city is divided by the canals, and the lift bridges pose a problem for fire and ambulance vehicles responding to calls.

Badawey says he sees the future of Port Colborne resting in the tourist industry. Because of the marina, the city is already a port of call for the region and has contracts through ferry companies in the U.S. and with German tour ships.

Port Colborne has a Pro Bass fishing tournament, an ethnic celebration and the Canal Days celebration. He says he sees these as the mainstays of the tourism business.

These events can be expanded and tied into other events in the region.

"We have to have the foresight to see what direction we have to go in," says Badawey. "We will have to spend a dollar to make a dollar."

He says he wants to implement his ideas quickly.

"Port Colborne is on the upswing and we have to continue the momentum."

Food big disappointment

By BARB GREGOR
Staff Writer

I hit the road again this week on my quest for good food on a tight budget.

My two faithful companions and I headed for St. Catharines. We drove around looking for a special eyecatching place we hadn't been to before.

Driving along Lakeshore Road, we found ourselves at Bugsy's No. 1 Poor House & Filling Station.

As we walked in we were visually struck by the beer cases hanging from the ceiling and the eight television sets. Something should have told us to leave, but being adventurous and hungry, we stayed.

We sat a good five minutes before a server in overalls came over with menus. Although service sped up, it was difficult to get the attention of our server to get more drinks.

I had chicken breast with ribs and fries. The chicken must have been flat-chested and the fries were overcooked, but the ribs were tender and delicious.

One of my friends had a T-bone steak, salad and baked potato. The salad came in a bowl the size of a small ashtray. The steak was well-done and there's not much you can do to a baked potato.

My main beef with this eatery is when I pay $11.95 for a meal, I expect to be full. Instead, I sat leering at my friend's huge plate of nachos. She paid $4.95 for an overflowing plate of nachos she couldn't finish.

I blew my beer budget and had nothing left for champagne.

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Media viewed as powerful influence

Eating disorders spark concerns in community

By MICHELLE ADEY
Staff Writer

It is time to learn how to be healthy and not painfully thin.

The Niagara Network for Freedom from Weight Preoccupation and Eating Disorders (N-FED) presented the third in a four-part speakers series on Body Image and Eating Disorders, funded by a Brock University President's Grant.

The Feb. 4 session, which took place at Brock University in St. Catharines during National Eating Disorders Awareness Week, was attended by area teachers, coaches, individuals coping with eating disorders, as well as concerned family and friends.

The 2 1/2-hour session began with a short video presentation entitled *Slim Hopes: Advertising and the Obsession with Thinness*. The video is the work of Jean Kilbourne, a health educator, whose other work includes the videos *Killing Us Softly* and *Still Killing Me Softly*.

The *Slim Hopes* video showed examples of why models on the cover of magazines don't even look like that in "real life."

"The editors of Mirabella created a face that doesn't even exist in real life and put it on the cover of their magazine," Kilbourne said.

Advertising uses models in many ways that are sometimes degrading to the model but sell products nevertheless.

Kilbourne said advertising that only shows certain body parts is "dehumanizing," and most use the body as an object.

She talked about recent studies that show 80 per cent of fourth graders are on diets. In a similar study, 11.3 per cent of college women have bulimia.

Kilbourne said there are genetically thin, tall women but they only make up two per cent of the population.

"Models may look healthy but they are doing damage to themselves," she said.

The first speaker of the evening was Christine Langlois, 45, of Toronto. Langlois has been the health matters and family health editor at Canadian Living magazine for 12 years.

"At Canadian Living we feel we do a good job on presenting a healthy approach to our bodies," Langlois said.

Langlois said the fashion section of the magazine uses real people from the stories and not professional models.

She said photographing models for the magazine can sometimes be a challenge since the models are not professional.

"Models who are professional know how to work with the photographer and the shoot is smoother," she said.

Canadian Living is a magazine committed to a healthy approach to eating rather than providing Canadian women with ways to lose weight with crash diets.

"We don't do diets," she said. "Instead we publish articles such as 'Stop the diet — we want to get off.'"

'. . . We aren't a witch handing out a poisonous apple to the public.' — Amy Cross

Langlois is also the author of the book *Growing with your Child*. The book is written to help parents feed their children in a healthy way from birth to the teenage years.

"We encourage parents to be positive and non-judgmental towards health."

The second speaker of the evening was Amy Cross, 37, health editor at Chatelaine magazine in Toronto.

Cross said the media express the cultures and views of the public and that the media do not have too much influence or power.

"The media has a role in body image, but I don't think the media is solely to blame. We aren't a witch handing out a poisonous apple to the public."

Cross said parents are often to blame for the views young people have pertaining to body image.

"Parents have a negative effect on image and contribute to the problem."

Recently in Toronto the public has been talking back about body image shown widely in fashion advertisements.

"In Toronto, advertisements are being defaced with graffiti by skeletons saying, 'Feed me,'" said Cross, "particularly the Calvin Klein advertisments with model Kate Moss."

The 1970s were a time for feminism and the thinness culture but the 1990s are more diverse.

"As baby boomers get older, they don't want to see a 17-year-old starving waif," she said.

Meg Hogarth, a professional actor for 40 years in Canada and the United States, concluded the evening with a presentation of controversial advertisements.

Hogarth was the first woman president of the Alliance of Canadian Cinema, Television and Radio Artists and is a volunteer for MediaWatch, which is based out of Toronto.

MediaWatch is a national volunteer bilingual feminist organization which focuses on advertising and its impact on society. The organization also fights advertisers to remove controversial advertisements such as the Calvin Klein underwear billboards.

Hogarth said the media are powerful and do influence the public.

"How many times do they show the goal of a hockey game?" she asked the audience. "Commercials too are repetitive."

Hogarth used the example of Barbie as being a bad image for young girls.

"Barbie was designed by a man who designed rockets."

The issue of smoking came up during her presentation and in the advertisement examples.

"Young women believe smoking will control or help them lose weight," Hogarth said. "Cigarette companies need 3,000 new smokers every day to cover those who quit or die."

The final session, entitled Family and Friends: What Can You Do? will be held on April 1, from 7 p.m. to 10 p.m. at the Centennial Public Library in St. Catharines.

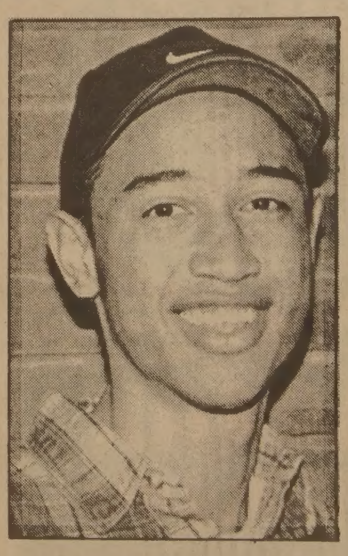
For further information contact Sharon Abbey (905) 984-5162 or Vera Krasovec (905) 682-6076.

Word on Campus

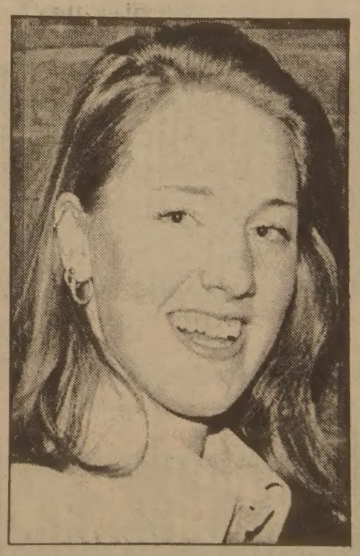
from our English as a Second Language students

What is your country's tradition on Valentine's Day?

By MINAKO YAMAGUCHI
Staff Writer

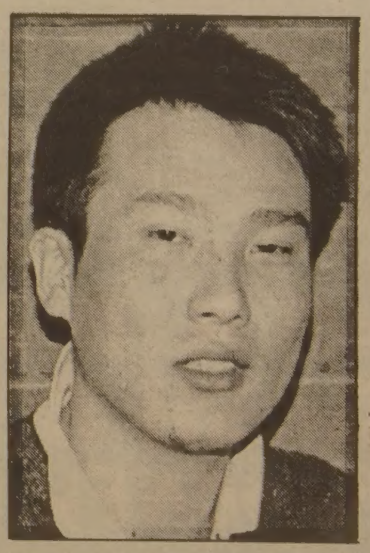


"Only boys give presents such as flowers, chocolates or candy to their girlfriends," says **Tomas Peralta, 20, of Colombia**. "We have 'El dia delamor y la amistad,' meaning 'the day of love and friendship' on Sept. 16. It means a lot more than Valentine's Day."

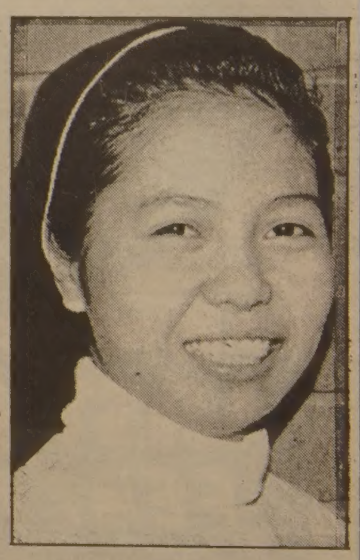


"This is an opportunity for people to show someone how much they like the person," says **Marieke Arning, 20, of Germany**. "But, this day is very advertised in television in my country. Even, many people don't recognize until the day comes."

"This is a day for couples," says **Maria Jose Parraga, 26, of Spain**. "Couples go out for dinner and they exchange presents. Usually, the man treats the dinner at the restaurant. It is nothing for people who don't have a boyfriend or girlfriend."

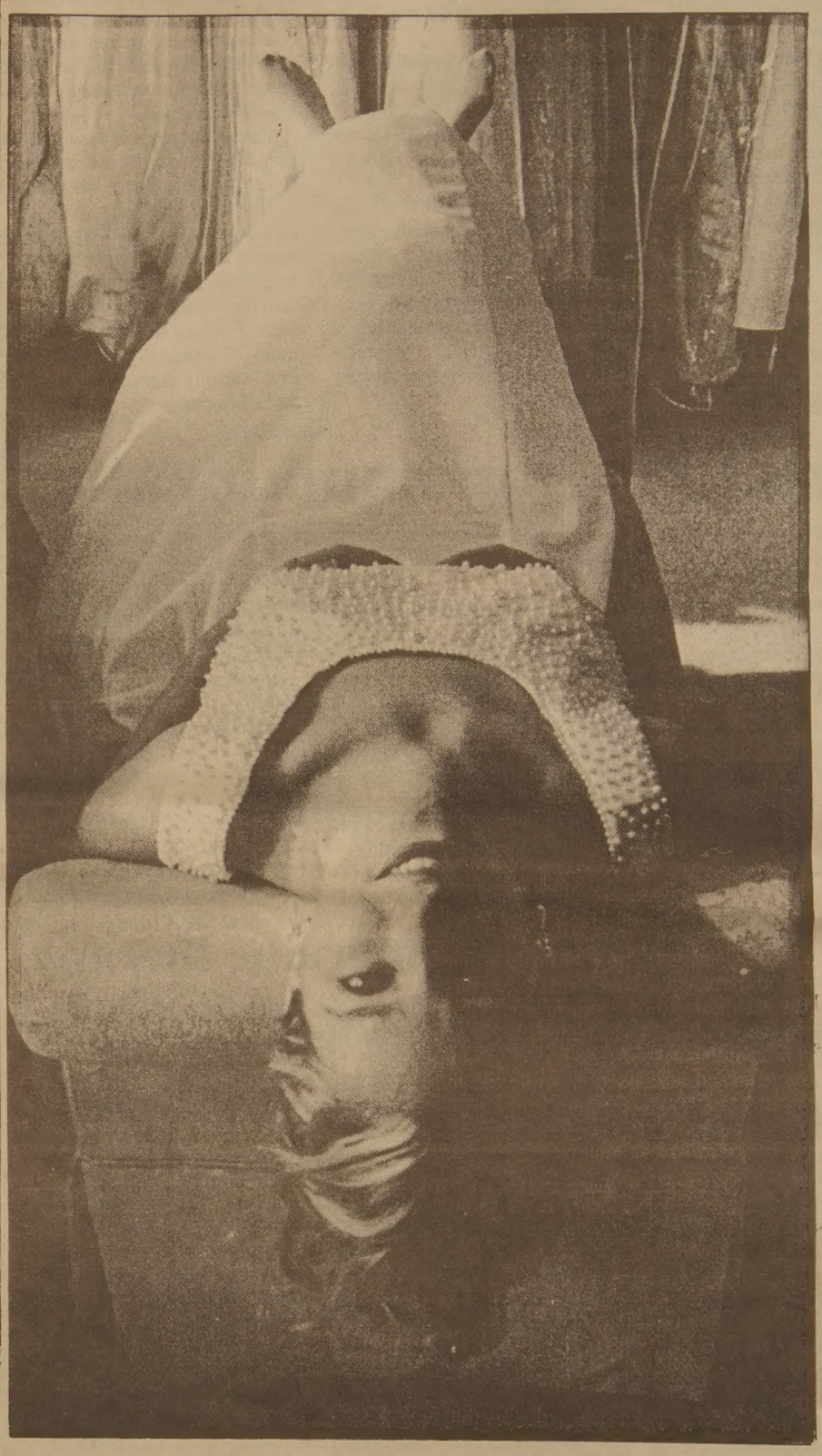


"This is the day for girls to give boys chocolates to show how much they have loved," **Sang Hun Choi, 25, of Korea**. "On March 14, we have White Day. That is a day for men. Men bring their girlfriends to a little expensive restaurant. It's a good day for couples."



"We have parties called 'JS Prom,' especially at school, and also couples go out for dinner, but this is also for families," says **Mary Jane Roquero, 24, of the Philippines**. "We call the day 'Araw Ng Mga Puso,' meaning the day of heart. This is a special day in my country."

Spring Supplement '98



Karen Gellatly, 23, a second-year Journalism-Print program student, takes a break while on a photo shoot at Annette's Bridal Salon in Thorold.

Photo by Carrie Chehowski

Karen Gellatly, a second-year Journalism-Print program student, models a traditional wedding gown at Annette's Bridal Salon in Thorold.

Photo by Rachel Leech

Cupid's arrow comes with tears and love

By CARRIE CHEHOWSKI, KAREN GELLATLY and RACHEL LEECH
Staff Writers

Going to the chapel and we're going to get married . . . Unfortunately, as fast as the big day comes, it is gone and the memories are a blur.

The preparations for this glorious day begin far in advance, usually about 12 months. The bride may be forced to contend with the wants of everyone else yet somehow manage to please herself.

The chaos begins with setting a date. To have it on a Friday, Saturday or Sunday? Morning, afternoon or evening? What a dilemma!

Next comes the picking of the invitations. The bride may spend hours looking through invitation books and end up picking the one her finger landed on first.

As the months roll by, the costs slowly begin to add up — down-payment on the reception hall, the wedding flowers, a cake (fake, of course), the wedding apparel, everything included in the wedding ceremony, and all the extras that you must have.

With all of this to consider, it is easy to understand how nerves get rattled and how feet get cold.

Through all the chaos there should still be time for play. In order to keep your sanity, remember, it's only out of your control if you let it be.

Health

Women have more migraines than men do

By CARLY ANDREWS
Staff Writer

It's that time of year again for throbbing, excruciating pain.

Migraines often occur during extreme weather conditions. Dampness in precipitation, such as snow and rain, cause blood pressure fluctuations not welcomed by migraine sufferers during the winter months.

A migraine is an intense, throbbing headache that lasts for hours, days or weeks in some cases. Although there is no clear understanding of migraines, researchers often attribute them to overexpansion of one or more branches of the carotid artery (blood vessels), which reaches into the head.

Factors include food allergy, sensitivity, birth control pills and other medications, sleep deprivation, and fluctuating atmospheric temperatures. Emotional tension and stress may trigger a migraine or intensify the pain.

Symptoms include excruciating, throbbing pain on one side of or over all the head, sensitivity to bright light and sound, nausea and vomiting.

Sufferers usually experience their first attack between the ages of 10 and 30 and, for many, attacks cease after they turn 50. Statistically, women get more migraines than men, and there is often a family history of severe headaches, usually inherited from the male.

Family doctors and neurologists have researched endlessly the types of medication that can ease the severity of migraines and for methods of prevention.

Aspirin or acetaminophen will sometimes bring relief. Physicians may prescribe a stronger painkiller or drug such as ergotamine. Dihydroergotamine mesylate has often been administered to patients at hospital emergency rooms through intravenous drips, but the reactionary hormone is manufactured by Sandoz in the form of a nasal spray under the brand name of Migranal.

Drugs used to prevent migraines often include beta blockers and calcium channel agents. For some people, taking an Aspirin or minimal doses of amitryptalin daily reduces the frequency. Other medication may also be prescribed to relieve nausea.

Physicians often recommend psychotherapy for sufferers with contributing psychological factors. Stress-reduction techniques such as biofeedback may also be suggested.

Some people are sensitive to food with tyramine, a substance that causes blood vessels to dilate. Among the foods high in tyramine are aged cheese, liver, bananas, eggplant, chocolate and yeast. Keep a food diary to see if a pattern emerges linking migraine attacks and diet.

Avoid drinking excess amounts of alcohol. For some women, switching from birth control pills to another form of contraception eases or eliminates migraines since the pills often fluctuate the body and blood temperature, causing blood vessels to expand.

Managing stress is essential for avoiding recurrent migraines. Exercising regularly, shortening overly long workdays, and practicing a form of relaxing therapy may decrease the frequency of migraines. Stretching neck and shoulder muscles can release tension. Finding a quiet, darkened room in which to lie down at the first warning signs may ward off other symptoms.

Adults must assume responsibility for immunization

By SARAH TAMMI
Staff Writer

When was the last time you were shot?

Immunization isn't something you think about — except perhaps when events happen to make you worry, like stepping on a rusty nail or an epidemic scare in your community.

Almost everyone can remember getting a needle as a child. Most shots are received between the ages of two months and 16 years.

Since we're immunized from childhood, our parents and family family doctors made sure we were kept up to date," said Carolyn Hurst, Niagara College's nurse.

"Now that we are adults we must assume responsibility to continue this important protection."

As a child you probably would have received vaccines for pertussis, diphtheria, tetanus, polio, measles, mumps, rubella and Hib (Haemophilus influenzae type B).

Some provide immunity for life, but others need to be repeated to be effective.

"Living in North America, where immunization is important, we take for granted that we're protected against these life-threatening diseases, because we don't see them," said Hurst. "However, tetanus and diphtheria are among us."

Vaccinations for tetanus and diphtheria are recommended every 10 years.

Other vaccinations are recommended in certain situations.

Hepatitis A is spread through contaminated food and water from person to person.

"Anyone in a high-risk situation" should be vaccinated against this, said Hurst.

"Definitely if you're travelling and if you are in a food-handling job."

Hepatitis B is carried in contaminated body fluids.

It has a longer recovery period than Hepatitis A, and can cause "potential and serious problems later in life."

"I am a big promoter of (immunization for) Hep B," said Hurst. It is "becoming a source of concern in Canada because we are travellers and (have) high immigration."

It is also recommended "to anyone who is going to a country where the disease is prevalent (or) who is sexually active."

Meningitis is another disease you should be immunized against "if you are travelling, or if it becomes an outbreak situation (in your area) and you have been exposed," said Hurst.

Make sure you keep a record of all shots you've had in the past and any you may receive.

"We figure someone else has the information," said Hurst. This isn't necessarily true.

"Be smart. Get your card started . . . and keep it in a safe place."

Meningitis affects 400 Canadians annually

By JENNIFER COTE
Staff Writer

The recent outbreak of meningitis in the Kitchener-Waterloo area has prompted heated discussions, false rumors and plenty of panic there and in surrounding communities.

Meningitis is a highly infectious disease that occurs when there is any inflammation of the meninges, the brain lining. Anyone can get meningitis, but the high-risk groups are young children (under seven years), teenagers and the elderly. There are two different kinds of meningitis — bacterial and viral.

Bacterial meningitis, caused by bacterium, is rare, but serious. The germs that cause bacterial meningitis are very common and live naturally in the back of the nose and throat. The germs cause meningitis when they get into the bloodstream. Researchers still do not know why or how this happens in a small number of people. Aggressive treatment with antibiotics is important in this type of meningitis.

There is "always a risk at any time," said a representative from the Niagara Public Health Department.

About 25 per cent of the population carries the meningitis-causing bacteria in some form or another, the representative said.

Viral meningitis, caused by viruses, is very common, and is hardly ever fatal. The viruses can be picked up through coughing, sneezing, kissing, poor hygiene or sewage-polluted water. It cannot be helped by antibiotics, but only by time and rest.

The outbreak in Kitchener-Waterloo is attributed to bacterial meningitis. Two teenage girls have died, while four others — three males and one female, ages 12 to 22 — have been diagnosed with the disease since Dec. 3.

A baby in Barrie was also diagnosed with a non-fatal form of meningitis.

The first victim, Michelle Risi, 16, died on Dec. 4, the day after she was diagnosed. The second victim was 18-year-old Melissa Maharaj. No direct links have been found between any of the infected.

Since standard childhood vaccinations do not protect against all forms of meningitis, the Waterloo Region began a massive campaign to vaccinate those below the age of 23. An estimated 80,000 people were expected.

The vaccination can take about 10 to 14 days to begin working, and in some cases not all vaccinated persons develop an immunity. This could explain the death of Maharaj, who had received the vaccine a week before her death.

Dr. Douglas Sider, associate medical officer for the Waterloo Region said, "This is the first time we've ever had this large an outbreak, requiring this large a response."

Sider explained the recent outbreak as "a spatial-temporal cluster," which means that a large number of cases develop in a small area in a short time.

The cases in Kitchener-Waterloo are not the first major outbreak Canada has seen. In January 1992, 11 teenagers died from bacterial meningitis in Ontario, Quebec and Prince Edward Island, and 400,000 residents were immunized.

Studies from the U.S. National Centre for Infectious Diseases, along with the Laboratory Center for Disease Control at Health Canada, reported in 1995 that for unknown reasons the life-threatening bacterial meningitis is on the rise in Canada and the U.S.

Meningitis usually only affects 400 Canadians annually, mostly children and teens.

Sider said no other cases of meningitis have been reported since Jan. 4.

Natural migraine therapy

- **Acupuncture**: This treatment, using needles, is usually concentrated on points for the gallbladder, large and small intestines, liver and stomach for effective symptom relief.
- **Chiropractic**: An adjustment, made by a chiropractor, directed at abnormalities in the neck, thoracic joints and spine that can contribute to head and neck pain.
- **Hydrotherapy**: Alternating hot and cold compresses can lessen the severity of the pain.
- **Naturopathy**: In addition to stressing the need for regular exercise and relaxation, naturopaths recommend the avoidance of caffeine and alcohol (especially red wine), red meat, the food preservative monosodium glutamate and processed meats.
- **Osteopathy**: To ease pain, an osteopath (bones and muscles specialist) can make adjustments to enhance circulation and nerve signals to the brain.
- **Reflexology**: Massage may be applied to areas relating to the head, spine, eyes, sinuses and pituitary and thyroid glands.
- **Shiatsu**: Points on the feet, lower skull, face and neck may be stimulated for relief of migraine pain.
- **Vitamin and Mineral Therapy**: Niacin, which helps maintain blood vessel dilation, and the other B complex vitamins, vitamin C, magnesium and calcium may be recommended.
- **Yoga**: Meditation and relaxation techniques may help prevent attacks as well as relieve symptoms. Postures that release tension in the upper back, shoulders, and neck are recommended, such as the shoulder stand, fish and cobra. Yoga breathing techniques may also help.

SPRING SUPPLEMENT '98

Editor: Carrie Chehowski
Associate Editor: Carly Andrews
Assistant Editor: Jonathon Narvey

Health

Scanning equipment improves patient care

Sonographer Sue Marcynuk, 29, demonstrates the use of the new color ultrasound machine, General Electric Logiq 400 MD, at Niagara Falls Medical Centre.

Photo by Carly Andrews

By CARLY ANDREWS
Staff Writer

Most Ontario hospitals and clinics are updating X-ray and ultrasound equipment to meet future technological demands.

The color doppler imaging ultrasound machine is just the latest advance to be used at Niagara Falls Medical Centre.

The General Electric Logiq 400 MD machine, purchased in November 1997, has color doppler capability. This gives clearer and more defined images of bodily functions. Logiq has replaced the old black-and-white Siemens Sonoline SL-1 machine used since the clinic opened in 1988.

Sue Marcynuk, 29, of St. Catharines, is one of two sonographers working for Niagara Falls X-Ray and Ultrasound using the new machine.

"Color doppler technology assists the technician in assessing normal structures from abnormal ones," says Marcynuk. "It's very user-friendly."

Marcynuk, a post-diploma graduate of Mohawk College in Hamilton, has worked part time at the clinic for more than three years. She also graduated from Mohawk's two-year X-ray program. The skills she has learned in these programs she has applied to her job as a radiographer at Credit Valley Hospital in Mississauga for the past six years.

In using Logiq, the sonographer must do a normal scan of the patient in black and white. Ego-Gel 200 Ultrasound Gel applied to the problem area of the skin sends sound through the probe and through the skin for every scan.

If an abnormality is spotted on the scan, color doppler may be applied to that area to detect the amount of blood going to the organ. The speed and direction of the blood flow to the vessels can also be determined.

"It's very good for echocardiography, which studies blood flow patterns," Marcynuk says.

"(We) look at blood flow patterns in an unidentified mass. Increased blood flow will sway your thinking to a malignant (harmful) cause rather than a benign process."

Marcynuk says the color doppler can detect plaque blocking the arteries.

"The head has a great blood supply," she says. As the blood vessels begin narrowing, plaque blocks the blood flow to the artery, which can cause a stroke.

On the old machine, the black-and-white scan showed only small masses in the body. These could be confused with lymph nodes, which fight infection. Retroperitoneal lymphadenopathy, or a mass in the lymph nodes, can be explored with color doppler to warn the patient of possible cancer.

"Ultrasound is mentally challenging and more involved than X-ray," Marcynuk says. "You're more independent when you're scanning."

Instead of looking for one specific problem in an X-ray, such as a broken bone, ultrasound, she says, can give a thorough exploration of the body. The sonographer and family doctor can get a better patient history when looking at a color scan.

"If the patient has back pain and you see something in the kidney, you can explore that (kidney) problem further," Marcynuk says. "If you miss something in a scan, the doctor misses something because they don't have the (printed) picture.

"The bottom line is patient care, and anything you can do to give yourself an edge can help the patient more."

As for the future of the ultrasound machine?

"If we could see bones, that would be better than X-rays," Marcynuk says, referring to the "unhealthy" amount of radiation patients get in an X-ray.

Merritton citizen discovers 'Kombucha'

Ancient beverage remedy

By PAUL JACKSTIES
Staff Writer

Even though it has been around for thousands of years, most people have probably never heard of Kombucha, a naturally fermented drink that health enthusiasts claim provides additional energy and prevents chronic disease — including cancer.

The ancient beverage is a fungus-like culture of bacteria and yeast. It can be made at home by a relatively simple technique once started. The original source of the culture is said to have come from China or Russia.

The culture is made in a large storage jar where the pie-sized brown mass with a tough but gelatinous consistency floats atop a solution of tea and sugar. During a 7-10 day fermentation period the kombucha replicates, creating a second thin-skinned "baby" culture which, according to tradition, should be passed on to someone you care about.

The drink tastes like cider with a hint of carbonation and purportedly has an immense detoxifying effect on the body.

Calvin Graham, 60, a retired welder and pipefitter who lives in the Merritton area of St. Catharines, first discovered the drink while in Kissimmee, Fla., about three years ago.

He was talking to the owner of a healthfood store who asked him if he had ever heard of kombucha. The two became friendly and, rather than selling him a limited amount of the drink, the owner told Graham he had a friend who would sell him the culture from which he could continue to make his own kombucha.

A rendezvous was arranged for the next morning. Graham arrived late and the person had gone to work.

"So we got there and he wasn't there," said Graham, "but he'd left the culture (in a Mason jar) packed on ice on the hood of his truck.

"We brought it home. We made sure we kept ice on it all the time from the hotels and that. So as soon as we got home we started making it."

Graham, who used to also be a part-time welding instructor at Niagara College, takes the culture with him when he travels abroad.

"I personally think it gives me more energy," Graham said.

"My cousin had a dog. It had arthritis. He took it to the vet and the vet said there isn't much you can do for it.

"My cousin took it home and started giving it kombucha. Surprisingly, the dog liked it and it was up and about running in a couple of weeks."

Skeptics say that kombucha is benign at best and toxic at worst. There's no real hard evidence available one way or the other. Meanwhile some healthfood stores in California are experiencing a craze. Pyrex bowls are selling fast and commercially produced kombucha beverages sell for $5 a pint.

Whether it's a wonder drug or just a fungus is yet to be seen.

Wear red, be happy, it's Heart and Stroke month

February declared Heart Month

By MICHELLE ADEY
Staff Writer

Hearts are red. Veins are blue. February is Heart Month to educate you.

February had been declared Heart Month nationally.

The Heart and Stroke Foundation of Ontario (HSFO) is a community-based volunteer organization whose mission is to reduce the risk of premature death and disability from heart disease and strokes by raising funds for research and health promotion.

Next week, the Heart and Stroke Foundation will launch its door-to-door campaign. Volunteer canvassers will solicit donations and provide educational information to residential communities.

"The organization's goal is to reach $180,000 from the door-to-door campaign," said Margaret Flint, 49, area manager of the Heart and Stroke Foundation in the Niagara Region.

Fundraising has two key purposes: supporting research and education and increasing community awareness of HSFO programs.

On Feb. 13 and Feb. 14 members of the foundation encourage the public to dress in red. Company employees are asked to donate a toonie, which will go to the foundation's fundraising efforts.

Flint said each person who participates will receive a sticker saying "I am dressed for Heart and Stroke."

On Feb. 26 the organization will be holding a Women's Heart Disease and Stroke Symposium featuring researcher Dr. Heather Arthur and survivor Maryanne Christoff.

HEART AND STROKE FOUNDATION OF ONTARIO

Christoff will speak of her health experience. Also featured will be many displays on women and health.

"We are hoping for 200 to 300 people to come," said Flint. "Some of the information women will hear might surprise them."

The evening will begin at 6 p.m. with wine, cheese and hors d'oeuvres at Club Italia in Niagara Falls. The cost is $15 per person. To reserve tickets call (905) 688-0517.

Health

Chiropractors cut down on surgeries

By DAVID CONROY
Staff Writer

The philosophy of health care is undergoing a gradual shift from the crisis intervention model to a more positive, prevention-oriented one.

Dr. Grant Gonchar, 29, operator of the Smithville Chiropractic Clinic, said, "Modern thinking is pushing people to become more educated in their health care and are less willing to accept a medication to cover up their symptoms."

Gonchar said more people are searching out alternative ways to take care of disorders without using medication. "One way is chiropractic — it avoids the use of medication for headaches, lower back pain, neurosis, posture problems. The list goes on and on from childhood to seniors."

'In my office, personally, at least one person a month misses surgery because of chiropractic (treatment's success).'

— Dr. Grant Gonchar

Gonchar said more people are rejecting medication for their pain.

In 1994, a study sponsored by the Ontario Ministry of Health revealed chiropractors are as effective as medical doctors in treating acute back pain, and concluded chiropractors should be primary care givers for such patients.

There are 4,200 chiropractors in Canada, making it the largest profession, by far, to use purely drug-free treatments.

Gonchar said the number of surgeries cut in Ontario yearly because of chiropractic care is "incredible."

"In my office, personally, at least one person a month misses surgery because of chiropractic (treatment's success)."

Gonchar is a doctor of chiropractic and spent 14 semesters of training at the first licensed chiropractic school.

Founded in 1895 by a Canadian from Port Perry, Ont., Iowa's Palmer University was the first institution to teach chiropractic skills.

Gonchar worked in Illinois for one year before returning to Canada.

He said an appointment is very similar to a regular doctor's appointment.

Doctor of chiropractics Grant Cronchar, 29, of Smithville, stops for a photo at the Smithville Chiropractic Clinic on Jan. 15.
Photo by Paul Jacksties

'... a good percentage of the National Hockey League and National Football League teams have team chiropractors.'

— Dr. Grant Gonchar

"Upon entry to a chiropractic office, the patient goes through a rigorous consultation and examination followed by an X-ray to determine the depth of the problem to see if it is a chiropractic problem. If it is, then it's related to the misalignment of the vertebra affecting the nerves themselves. By use of the hands and adjustments, the bones are pushed back to normal alignment, allowing the body to be pain-free without the use of prescriptions."

Pertaining to sports, Gonchar said a "good" percentage of the National Hockey League and National Football League teams have team chiropractors.

"They are trying to avoid the use of medications because they already use a ton. It (treatment) is going from the physiotherapist doctor of the team to the chiropractor."

Ontario invests in kids

By MICHELLE ADEY
Staff Writer

Show Niagara the money.

Preschool children in the Niagara Region will benefit from a $350,000 reinvestment in speech and language services in the Niagara Region, Health Minister Elizabeth Witmer announced on Jan. 8.

The $350,000 is being provided to the Niagara Peninsula Children's Centre. It's part of a $20-million reinvestment to create and expand speech and language services for Ontario's preschool children through partnerships with social, educational and health services at the community level.

This funding is part of the government's broad strategy of early investment in children to ensure 2,500 Niagara preschoolers have access to the programs they need.

In addition to the 772 children already receiving service, the new system, when fully operational, will provide service to over 1,800 additional preschool children in the Niagara Region with speech and language disorders.

John TeBrake, executive director of the centre in St. Catharines, says the organization has been waiting for the much-needed financial support.

"The Niagara Region has been short resourced for about eight to 10 years."

TeBrake says the money will help 250 to 300 preschool children on a waiting list.

"We would have been very disappointed if the region did not receive any money," he says.

The government's initiative is part of its long-term commitment to a sustainable investment in integrating children's health and social systems at the community level.

At present, 10 per cent of Ontario's children are affected by speech and language disorders. Less than half of the estimated 75,000 Ontario children have their problems identified and get the services they need before starting school.

Research links speech and language disorders to mental health problems, learning disabilities, poor academic achievement, increased school dropout rate, juvenile delinquency, underemployment, increased use of social services and youth and adult crime.

By MICHELLE ADEY
Staff Writer

It's Christmas in February.
The Ministry of Health announced on Jan. 8 it will be reinvesting $20 million in eight regions in Ontario to create and expand speech and language services for preschool children across the province.

REGION	AMOUNT	NO. OF CHILDREN
Peel	$1.4 million	6,500
Ottawa	$ 800,000	4,775
Halton	$ 695,000	2,400
Waterloo	$ 537,000	3,000
Niagara	$ 350,000	1,800
Rideau Valley	$ 200,000	950
Grey Bruce	$ 184,000	950
Nipissing	$ 130,000	775

Time spent in cafe becomes quality time

By PAUL JACKSTIES
Staff Writer

Sitting for an hour or two in a pleasant cafe reading a book or writing a letter to a friend can be an important priority in a person's lifestyle. Whether alone or with a companion, time spent in a cafe is considered by many to be quality time.

In Europe, cafes have always provided one of the most social settings a community has to offer. People interact with their neighbors, catch up with old friends and make new ones.

Although catching on rapidly in certain parts of North America, the European-style cafe is a relatively new concept here.

In St. Catharines there is Beantrees, a popular downtown bistro/cafe which opened 3 1/2 years ago and is run by the Hecker family.

"We felt that Toronto had many places," said Deborah Hecker, "and Montreal, and New York, and all over the world we saw very wonderful, casual environments where you could buy food and drinks . . . We wanted to provide something that was a combination of European and yet new.

"We looked at what was around. We didn't want to do a 'cutout' of some other concept."

With the Niagara region having long ago been dubbed the donut capital of Canada, Beantrees is refreshing in that it isn't a typical coffee stop. This is a place fashioned, in part, after that age-old traditional social watering hole, the European-style cafe.

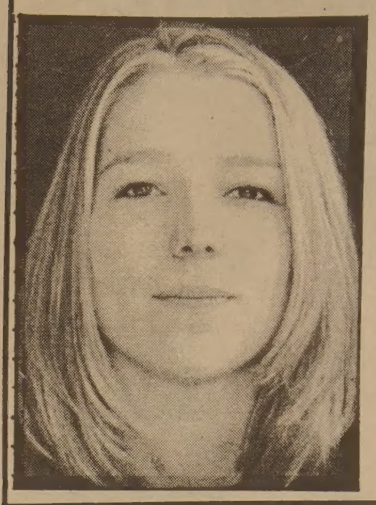
"We put a library in the back with games to enhance the idea that this was a place to not only eat and drink but to socialize," said Hecker.

It is this very idea, that people can go to a cafe and play a game or read a book, that is so foreign to many North Americans, yet second nature to Europeans.

This type of lifestyle, so integral to old-world societies, is sadly lacking on this side of the Atlantic. Perhaps in the future we'll catch up and see more enterprising business people providing such establishments. No doubt we could all benefit from what has been tried and found true.

Bridal

Saying I don't, before saying I do



By KAREN GELLATLY
Staff Writer

I called off my wedding.

Seventeen short weeks before the date, everything ordered, booked and paid for, I put an end to it.

I have my reasons, and I stuck by them through the hysterical fits and fights I've put up with for the past week.

I realize that it's short notice, but I think it's better to work out our problems now than letting them fester. What I'm trying to say is although it was the hardest thing I've ever had to do, it's for the better. The last thing I want is to be divorced at 25.

I couldn't concern myself with everyone else's feelings as I've been for the past two years. I had to consider myself and my own unhappiness for once, and not care what other people would say.

I was so fed up with swallowing my feelings, fed up with a wedding I didn't want being shoved down my throat. It consumed my entire life. I couldn't think about anything else.

I realized how unhappy I was. How I had never told my exfiance anything that bothered me. Well, I'm sick of suppressing my emotions, sick of trying not to step on any toes. I need time for me, time to work out the problems we've been having.

Isn't communication the whole relationship? If so, and I do believe it is, then my boyfriend (that feels so uncomfortable to write) and I have some serious talking to do.

For the past week I've told him things I normally would not, thinking he wouldn't approve. Who is he to approve or disapprove? He loves me for who I am, who I was, not who I've been pretending to be for the past two years of our relationship.

Time will heal all wounds, and things only work out for the best, or so I keep telling myself. Over the past week I've been happier than I can express, happy being myself, not trying to please anyone. And I know things are going to work out. I am determined to see things go my way. I will not let this happen again. Bravery has its rewards.

Local salon has everything

By CARRIE CHEHOWSKI
Staff Writer

Here comes the bride, all dressed in — NOTHING!

Annette Kowalski, of Fonthill, is the owner of Annette's Bridal Salon in Thorold.

Kowalski, who opened the salon seven years ago, employs three salespeople and three seamstresses.

She decided to open the salon because of her "love of designs and fabrics" adding, "brides weren't getting the service and assistance they needed in other stores."

Kowalski said she has been referred to brides-to-be by former brides who have used her salon's services and were pleased. She also said she receives her dresses from "over 50 different designers and manufacturers." There is a range of sizes available at the salon with the smallest size being six and the largest size 28.

The length of time needed to pick out a dress varies, Kowalski said. "It can vary from one hour to three to four visits (to the shop)" and added "on average, I'd say it would take a couple of hours for a bride to get through all of the dresses."

Peak sales are during the months of November, January, February and March.

The salon offers bridal gowns and a "full range of accessories." Shoes, bras, earrings, necklaces, headpieces, dresses for the mother of the bride and bridesmaids, are also sold. As an additional line, Annette's Bridal Salon sells first communion dresses and special occasion clothing.

Traditional wedding cakes just fakes

By RACHEL LEECH
Staff Writer

Picture perfect is the goal, taste no longer matters.

"I've only made two real wedding cakes. Everybody wants fake," said Gerry Blayney, of Winona, a Sears employee who has been making wedding cakes in her spare time for seven years.

"More people want fake wedding cakes for the appearance rather than the taste," said Willie Mathews, of Smithville, a mother of a bride who had a fake wedding cake at her wedding last year.

"A fake cake gives the affect of tradition without the taste," said Mathews.

Blayney has been suppling wedding cakes which are mostly used for pictures. "People would rather capture the moment with a picture," said Mathews.

Blayney has been in the cake making business for a total of 15 years. "I started making birthday cakes for family and friends."

She got into the wedding cake aspect of it when her neice got married. "I make them at no cost for family and friends," said Blayney.

To order a wedding cake it usually cost a few hundred dollars, Blayney makes them for 60 to 100 dollars.

"It all depends on the cake," Blayney said. "If I have to buy flowers or decorations the price goes up."

In the past Blayney has usually given away the top of the cake to the Bride and Groom, but with businesses shutting down it's getting harder to do. "I only have one supplier. It's a store at the west end of Hamilton called specialty cakes."

With every new cake that Blayney makes she now has to go out and find a new top. "I don't mind, I find making the cakes very relaxing."

On the left, a modern style real wedding cake, supplied by Carmen's Banquet Centre, Hamilton.
On the right, a traditional three-tier fake wedding cake, supplied by Gerry Blayney, of Winona.
Photos special to the Niagara News

Times are changing

Goodbye tails, veils, white gowns. Hello pant suits, color

By JENNIFER COTE
Staff Writer

In the past, picturing weddings evoked classic images of white, frilly lace covering complicated full-length gowns, hair swept up with delicate falling ringlets, black tuxedos fitting ever so perfectly, with hundreds of formally attired guests looking on and everything done just so.

Today weddings are becoming more intimate and, in some cases, much less formal.

Open any wedding magazine or peer into a wedding boutique and colors assault the eye. Dresses and gowns are not just in the traditional white, but in yellows, off-whites, blues, purples and, yes, even reds and blacks. Some 1990s' brides are choosing to wear a simple pant suit. Bridesmaids' dresses do not even have to match anymore. Tuxedos, even suits, are not required. Simple flowers and a simple gathering are intervening on the superficialness of a costly reception. And why not?

Weddings are a time to celebrate and formality is becoming less and less significant. Becoming more important is the intimacy and meaningfulness of a gathering.

Couples are leaning toward the idea that a wedding is about the sacred union between two people, not how big and flashy the gowns and reception can be.

Finally, what is really important in a wedding celebration — the joining of a couple for life — is shining through.

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Going to the Chapel

Photo by Carrie Chehowski

Photo by Carrie Chehowski

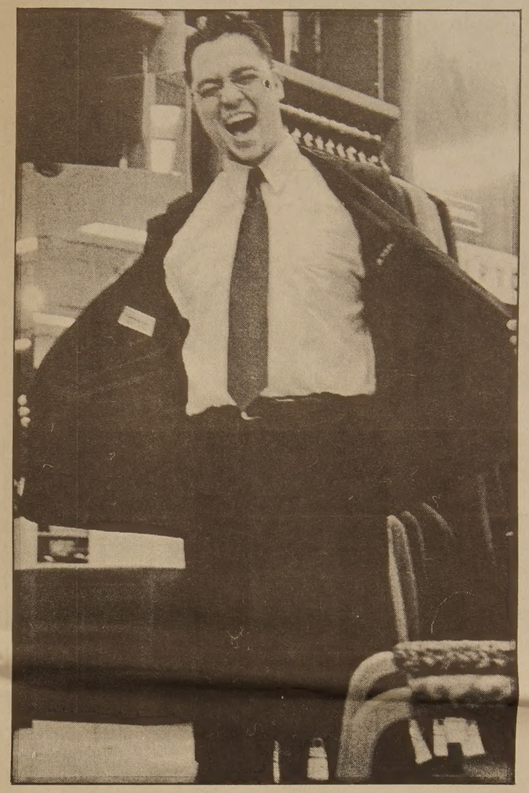

Photo by Karen Gellatly

Photo by Rachel Leech

Photo by Rachel Leech

(It's going to be a long day)

Photo by Carrie Chehowski

Photo by Karen Gellatly

Bridal

Personal touch creates perfect wedding

By CARLY ANDREWS
Staff Writer

"Catering to the needs of the 'Budget-Conscious' Couple," reads the slogan of the Bradley Wedding Rentals brochure.

Rentals, a company started in April 1996 by Elaine Bradley, offers everything for brides-to-be at reasonable prices and in various colors.

Bradley, 29, runs her business from her home in downtown Niagara Falls. She says her livingroom's comfortable atmosphere is aimed at giving nervous brides a personal "one-on-one" touch.

Brides are seen on an appointment/consultation basis so Bradley can prepare everything ahead of time to show each customer. Usually the bride has the brochure beforehand so she knows what she's interested in before she arrives at Bradley's house for a consultation, although the individual appointments are not rushed.

Bradley says she purchases some of her items from different suppliers throughout Ontario and makes most things herself to suit each bride's needs. She also has the knack for tracking down fine linens and Victorian furnishings in local shops.

"I will pretty much go to the ends of the earth to find something for the bride if she wants it," Bradley says.

"I don't like things that are cheap or trendy (dated). I have more of a classical business with more Victorian things that will never go out of style."

Bradley says most budget-conscious brides usually purchase cheap candles as favors that will burn in "less than an hour," or purchase flower arrangements as centrepieces.

"A floral centrepiece will run you $45 or more, and for 10 tables, it's very expensive," Bradley says.

"Candlelights have been around forever and they give off a more romantic, softer ambiance."

Bradley's candles come in dozens of scents and sizes. Scents include spicy plum, strawberry, blueberry, wild cherry, and many others. Sizes range from tiny tealights to medium-size votives to thick pillar candles.

"Anything can be done with candles," she says.

"They make beautiful centrepieces with a floral ring around them, and they're great as individually wrapped, inexpensive favors."

Other items for sale include different styles of personalized invitations, thank-you cards, bookmarks, placecards, napkins, matchboxes, stationery and even baby announcements. All items are reasonably priced.

Decorative rental items include pew bows, money boxes, cake baskets, table linens, skirting, tulle swags (drapery), and her "popular" candle lamp and hurricane centrepieces.

The candle lamp is a 13-inch tall brass lamp with a bevelled glass shade.

The hurricane centrepiece is a 12-inch hurricane shade with color-co-ordinated satin trim, crystal candle base, matching floral ring and a 10-inch square dinner candle.

Bradley's inspiration for starting her business came when she married her husband of eight years, Craig.

"The lack of personal attention I had as a bride inspired me," she says. "Also, movies about weddings, like *Father of the Bride*, give me great decorating ideas."

Bradley often sets up for weddings with the help of her husband or with hired help early on the day of the wedding in order to make any last-minute adjustments.

"I like to talk to them (brides) just before the wedding to make sure they haven't changed their minds," she says.

Along with planning weddings comes the job of making referrals of other small businesses to the bride, such as deejays or soloists.

In the end, Bradley looks forward to planning each wedding even though the work is sometimes very "exhausting."

"The wedding doesn't go by the the number of heads but by the number of services the bride requests," she says.

To make any future wedding plans, contact Elaine Bradley at 356-7672.

Elaine Bradley, 29, owner of Bradley Wedding Rentals, displays her two most popular candlelight centrepieces. Rentals, started in April 1996, is in downtown Niagara Falls.
Photo by Carly Andrews

Think before saying 'I do'

By KAREN GELLATLY
Staff Writer

Your cold feet may be a sign.

If you've wondered how people know who their soul mate is, you can find out.

Todd Outcalt, a United-Methodist pastor, has written the ultimate book on love. *Before You Say "I Do"* helps answer any questions you have about the depth of your love.

Published by Perigee Publishers, this book asks all of the questions you need to ask yourself and your partner before participating in the most important commitment of your life — marriage.

The 260 pages are filled with questions concerning sex, money, religion, hopes, dreams and values, posing the question to you to pose to your partner, including a vague sense of the answer you should expect.

'After I read this book in three hours, all my qualms and fears were quashed about getting married.'
— Karen Gellatly

One chapter outlines questions to ask your and your fiance's friends and family. This chapter is appealing to people too close to the situation to see flaws or those who have had bad past relationships.

Before You Say "I Do" helped me rid myself of any lingering doubt. I had wondered for years how people knew who "Mr. Right" was. After I read this book in three hours, all my qualms and fears were quashed about getting married. It helped me realize I'm not ready.

If you're planning marriage or are in a committed relationship, this book is a wonderful tool to give you and your partner a better understanding of each other.

Plan wedding wisely

By KAREN GELLATLY
Staff Writer

Don't stress.

Of all the wedding planners I've seen, *The Wedding Wise Planner* exceeded my expectations.

Anything you want to know, anything you have to do, anything to be organized — this book holds all the solutions.

Suzanne Kresse, "The Wedding Lady," compiled all of the information needed to keep you sane in the planning stages. I have another of her books, *The Complete Wedding Planner*, but it doesn't compare to her latest release.

The Wedding Wise Planner, published by Berkley Books, has charts, graphs, budgets and information for the bride to cut out and organize. The most fun thing about this book is filling in all the guidelines about everything from dress shopping to cake decorations.

'...you need to plan and organize.'
— Karen Gellatly

If you're going to be married, you need to plan and organize. That can be a much smaller headache if you have knowledge of what you're doing.

If life's too hectic, balance with relaxing visit to Atrium spa

By DAVE BARNHARDT
Staff Writer

Tucked away in Fort Erie is a place where you'll be welcomed with a massage, a facial and a seaweed wrap.

The Atrium Spa, located inside the Best Western Inn-At-The-Centre on Garrison Road in Fort Erie, offers a full range of spa services.

According to Diana Ogilvie, the spa's manager, the facility is designed "to create an atmosphere of balance and harmony."

The Atrium Spa opened in December, three months after the Best Western Inn-At-The-Centre opened its doors. Along with the spa, the complex features a hotel, indoor pool, and the Freeland's Restaurant.

Ogilvie said they are putting together packages for occasions such as Valentine's Day and Mother's Day. In conjuction with the hotel, a "Sweetheart of a Deal" is being advertised on flyers at the centre.

'...the most popular request at the spa is "definitely" massages.'
— Diana Ogilvie

For $298, a couple receives "The Ultimate Spa Package," which includes a welcome gift basket, overnight accommodations, wine, dinner and breakfast at Freeland's and a massage for two at The Atrium.

Ogilvie said the most popular request at the spa is "definitely" massages. She said many insurance companies cover the cost for a certain a number of massages a year.

She said despite the connection to the hotel, most customers are from the local area and not staying there at the Best Western.

The busiest times at the spa are weekends and weeknights, says Ogilvie, adding many people show up for a massage after work. The spa remains open until 9 p.m. during the week.

On staff at The Atrium are two massage therapists, two estheticians and one staff member who handles aromatherapy and reflexology.

She explained reflexology involves the theory that massaging certain points on the feet will produce "favorable results" in the area of the body to which that point is connected.

The spa is open seven days a week. For more information, contact Diana Ogilvie at (905)871-4141.

Jennie Szockyj, a registered massage therapist, gives chiropractor Dave Ogilvie a rub-down in one of two massage rooms at The Atrium Spa in Fort Erie.
Photo by Dave Barnhardt

Lifestyles

Successful business in vintage clothing

By ALEX HALMAI
Staff Writer

If you walk down St. Paul Street in the heart of St. Catharines you'll come across a landmark in the downtown core — an enormous yellow happy face painted on the sidewalk.

The image represents more than just the atmosphere of the shop in front of which it is located. It reflects the personality of Bernie Meyer, Blue Moon vintage clothing shop owner.

Meyer's importance to the vitality of St. Catharines can best be demonstrated by a giveaway his shop held in December.

Meyer stacked a 1,200-pound pile of used clothing inside his shop and announced a free give-away with a three-bag limit per customer.

A line-up formed outside the shop one hour before the scheduled start of the give-away. The pile vanished 25 minutes after the doors opened.

"It was interesting and sad, but it was real life," he said. "The people who came that morning were not trendy kids, but people who really needed the clothes. I'd like to do that kind of thing more often."

Meyer moved from his native Germany when he was 16 because "Canada is the safest and most opportune country in the world."

After completing the Construction Technician program at Niagara College's Welland campus, Meyer moved to St. Catharines and went to work for a local industrial construction company.

Over the next two years Meyer saved as much as he could before embarking on a year-long journey which took him through West Africa, Scandinavia and much of Europe.

Returning to St. Catharines, he became a translator for the Chamber of Commerce for Niagara Falls.

Meyer was involved in the city's industrial development, trying to attract industries from abroad. He translated for representatives of German companies interested in setting up in the Niagara region.

After taking a trip to Atlantic City, N.J., Meyer's life took an interesting turn.

Discovering a cowboy hat manufacturer, he brought back a few dozen hats for friends.

Realizing their instant popularity, and being a member of the "mouthy salesman club," Meyer said he took some of the hats to stores and found there was a major interest in the product.

Stores in Canada were having problems obtaining any of the hats because there was a "two-year delivery delay to Canada."

The hats' popularity in the United States was causing the delivery delay.

"That was the period of the *Urban Cowboy* with John Travolta. The Winter Olympics were being held in Lake Placid. The American team wore cowboy hats and *Dallas*, the TV series, was big. America went cowboy hats crazy and Canada went the same way."

Seizing the opportunity, Meyer began importing the hats from the factory in Atlantic City. He was able to supply Canadian retailers in six weeks.

Once the cowboy hat wave had passed in Canada, Meyer focused his efforts on making and selling brass jewelry.

His interest was sparked by watching a craftsman making brass jewelry at a trade show. Just a few weeks later Meyer embarked on a seven-year career in the brass jewelry industry, acquiring sales agents in Toronto, Vancouver and Montreal, and supplying retail chains such as Randy River and the Kinney family of stores.

Bernie Meyer, owner of Blue Moon vintage clothing shop in St. Catharines, is always more than happy to entertain visitors.
Photo by Alex Halmai

The transition from making brass jewelry to selling vintage clothing came as a result of the people he met in the independent shop owners' community.

"I thought the used-clothing people were the longest lasting, in terms of running a succesful business."

He's seen a lot of shops come and go as he enters his eighth year on St. Paul Street. It's his fourth year at Blue Moon's second store on (Toronto's) Kensington Avenue, "the mecca of used clothing stores," (containing 18 shops in one block). Meyer has enjoyed his share of success.

He attributes the popularity of vintage clothing to the comfort and easy maintenance of the fabric, the very definition of 1970's clothing — polyester.

"What else could you ask for but polyester disco shirts, things with artwork on them," Meyer said.

Vintage clothing is "proven and represents a time when things were less stressful."

Meyer is "working closely" with the Downtown Association of St. Catharines to improve the downtown core. He's noticed St. Paul Street is suffering from a "lack of human traffic" while at the same time there's been an increase in vehicle traffic "zipping" along the street.

"We've got people doing 90 kmh," said Meyer. A continuous flow of traffic in only one direction doesn't allow would-be shoppers driving through the core many chances to stop and take a good look at the shops on St. Paul Street.

The lack of "human traffic" has had obvious implications. Retail occupancy on St. Paul Street is hovering at 70 per cent. The problem, Meyer explains, is the "one-way traffic through the downtown core of the city."

With the majority of St. Catharines' residential areas located in the north end of the city, the three main roads bringing traffic downtown are Queenston, Niagara and Geneva streets.

The problem lies in where the streets intersect with St. Paul Street. All three join at a point where drivers can't turn onto St. Paul Street in the direction of the downtown shops.

This confuses tourists, and "even local residents find it easier to commute to a shopping mall instead. One-way traffic confuses everybody," said Meyer.

Another issue which concerns Meyer, he says, is the need for a designated bicycle lane on St. Paul Street.

The majority of cyclists use the sidewalk, creating "safety concerns for pedestrians, especially the elderly shoppers and younger children."

Meyer's concern for a healthy downtown demonstrates his strong business sense and also a heartfelt concern for the Garden City.

Travelling far in her field placement

By KAREN GELLATLY
Staff Writer

"Do you know what's so funny?"

"People in my line of work should take a media relations course because the media can quote me on anything. I've done interviews before, but never realized it until now."

Aleksandra Mirkovic's humor permeates the conversation. Sales co-ordinator for G.A.P. Adventure, at 24, Mirkovic is where she wants to be in life.

"I'm fascinated by the idea of travelling, coming back a different person," she said. "I've seen other people do it. I get to go the way I wanted to go."

Mirkovic immigrated to Canada from Belgrade, Serbia, at four. She is fluent in Serbian and English.

Mirkovic lives in Mississauga and travels daily to Toronto to work. G.A.P. Adventure is a Toronto-based "adventure" travel agency that opened in 1991.

Aleksandra Mirkovic, 23, of Mississauga, feeds the goats at African Lion Safari.
Photo by Karen Gellatly

"Can you believe I'm going to be 24 this year? I'm the youngest one in my office."

Mirkovic graduated from the Travel and Tourism program at Humber College in Toronto in 1994. Bruce Poon Tip, G.A.P.'s owner, made a presentation to Mirkovic's class.

"Here's this guy, he's 24, he's got his own business, he's travelled everywhere, and (is) a really interesting speaker," she said. "I decided to do my field placement there."

Afterwards, Mirkovic returned to Humber to take a business administration course. Upon graduation, in 1996, G.A.P. called her for a job. She has worked there for one year.

"I wanted to travel more than I have," she said. "I want to see things that a lot of people don't see. I want to see things I didn't know were there before."

Mirkovic is constantly taking classes to better herself. Her most recent accomplishment was a speech-making course offered at Humber.

"I'm fascinated with changing myself," she said. "Endings and beginnings, taking parts of myself, of my life, and saying 'I'm going to do this.' That's a quality I'd like to have."

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Lifestyles

Super Bowl Sunday abuse, false report

By JENNIFER COTE
Staff Writer

Super Bowl Sunday has always been associated with rowdy parties, loud crowds and junk food.

Also associated with Super Bowl Sunday is the belief that domestic battering of women increases 40 per cent on that day.

This association has recently been disproved, although many people still believe the myth.

The belief started in January 1993, shortly before Super Bowl XXVII. A press conference was called in Pasadena, Calif., by a combination of women's groups. Citing a study done at Virginia's Old Dominion University in 1991, the groups informed the media that Super Bowl Sunday "is the biggest day of the year for violence against women, with 40 per cent more women being abused on this day."

Fairness and Accuracy in Reporting (FAIR), an organization that "polices" the media, was present at the conference, lending credibility to the statement. FAIR's publicists also sent out a media release warning women in abusive relationships to leave the home during the game.

This idea that football fans were more likely to attack their partners prompted *New York Times* reporter Robert Lipsyte to refer to the Super Bowl as the "Abuse Bowl."

Two days before Super Bowl XXVII, psychologist Lenore Walker appeared on *Good Morning America* to promote her book, *The Battered Woman*. Walker appeared with FAIR representative Laura Flanders and claimed that she, herself, had catalogued a 10-year record that established a "sharp increase of violent incidents against women" on Super Bowl Sunday.

A story in *The Boston Globe*, one day before the Super Bowl, said women's shelters and hotlines are swamped with calls on Super Bowl Sunday. Reporter Lynda Gorov cited no specifics, except that a study of shelters "out West" showed an increase, a "pattern" she stated that was recurring "nationwide."

On Super Bowl Sunday, NBC ran a public service announcement about domestic abuse to help stop the problem.

People still believe the myth

The unraveling of this statistic began when *Washington Post* writer Ken Ringle decided to inquire at the sources.

Ringle called an author of the Old Dominion University study, professor Janet Katz, to verify her study. Katz said her study stated they found an increase in emergency room admissions not related to football games.

Ringle then contacted Gorov. She had not seen the study she cited in her article, but was made aware of it by FAIR. A FAIR representative then said they received their information from Lenore Walker. Walker's office representatives referred calls to battered women's authority Michael Lindsey.

Lindsey, a psychologist, finally acknowledged he had found no basis for the statistic and said, "You think, maybe, we have one of these myth things here?"

After Ringle's story was published on the front page of the Jan. 31 edition of the *Post*, *The Boston Globe* published a retraction of Gorov's story, and FAIR backed off from its support of the claim. Many reporters pressed Walker to reveal where she got her findings, but she declined.

Many of these retractions and apologies came too late and were not publicized as much as they should have been. The myth still exists. During Super Bowl XXVIII an NBC affiliate ran a domestic abuse story, stating again the false statistic. The report urged women to pack suitcases and be prepared to leave.

Although domestic abuse is a deplorable epidemic that affects almost four million women annually, Super Bowl Sunday has been proven to have little blame in the matter.

A representative from Women's Place of South Niagara said the Welland and Niagara Falls Women's Places have not seen "tremendous increase" on Super Bowl Sunday. They do concede, however, that on Super Bowl Sunday in the U.S., shelters are "very busy" perhaps because "passions run higher" in the U.S. for football and the sometimes "macho attitude combined with alcohol" is never a good idea.

Warning signs

By JENNIFER COTE
Staff Writer

Knowing the warning signs of an abusive partner is important to keeping you and the people you love safe. Ask yourself the following questions.

Does your partner . . .

- constantly keep track of your time and whereabouts?
- act jealous and possessive?
- accuse you of being unfaithful or flirting?
- discourage your relationships with family and friends?
- prevent you from working or attending school?
- constantly criticize you?
- control all finances and force you to account for what you spend?
- humiliate you in front of others?
- destroy personal property or sentimental items?
- push, hit, slap, punch, kick or bite you or your children?
- force you to have sex against your will?
- destroy furniture or punch walls?

If you or someone you know answers yes to any of these questions, call Women's Place in Welland at 788-0113 or in Niagara Falls at 356-5800 for help.

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Reading, a good hobby

College library directed towards curriculum-based material, not novels or general literature

By JONATHON NARVEY
Staff Writer

Reading is a hobby for everyone.

Ronna Baird, manager of Coles bookstore in the Seaway Mall, gave her opinion of what people are reading.

"Anything on the Titanic is selling really well. Lots of people are coming in to pick up the book the movie was based on," she said.

"Also, anything on the Oprah book club is really popular. Whatever Oprah says is good, people listen to that and act on it. The latest book that she recommended, *Paradise*, by (Toni) Morrison, is selling," said Baird, who has been in the book business 18 years.

"Taxes and investment books are also popular right now, with tax time coming up. Valentine's Day is coming soon, too, so a lot of people are buying poetry. Humor books are always popular," particularly ones based on *The Simpsons* television show, she said.

With regard to the book industry in general, Baird said there was increasing competition with superstores like Walmart.

Baird spoke confidently of future developments in the area for her company. "There will be a large Chapters store coming to St. Catharines next year, at Fairview Mall," Baird said. Coles and Smithbooks are both part of the Chapters company.

Trish Labonte, manager of the Learning Resource Centre at Niagara College, spoke about how well students made use of the resources available to them.

"Books are better than any other source in terms of providing conceptual knowledge, or broad overviews," said Labonte, who has been head of the department for 13 years, and worked in libraries for 25 years.

Labonte said the library budget was "directed towards curriculum support materials," not novels or general literature. A combination of books and electronic resources is best for providing for the students' needs," she said.

"The students are just too busy to be reading novels and plays," she said.

"The heaviest users of book materials are the community studies students, like the ones in social work or recreational leisure. They are the ones most in need of the broader conceptual information."

"The technology students are the ones who use the least book resources," she said. "Probably, that is because they are the first to use Internet resources."

Linda Berry, of St. Catharines, an employee of Coles Book Store in the Seaway Mall, shows off books on Jan. 28.
Photo by Jonathon Narvey

Travel

1998 Winter Olympics return to Japan

By MINAKO YAMAGUCHI
Staff Writer

Gold medals have been given out in Nagano.

The 1998 Olympic Winter Games are being held in the high mountains of Nagano, located right in the middle of Japan, from Feb. 7 to 22.

This country hosted the Summer Games in Tokyo in 1964. The Winter Games were also held in Sapporo, on the northern island of Hokkaido, in 1972.

It's been 26 years since Japan last hosted the Olympics.

Nagano is the southernmost location ever to host the Winter Games, but there will be plenty of snow. Nagano is the mecca for winter sports in Honshu, the main island of Japan.

Nagano is surrounded by the towering mountains of the Japan Alps, many of which are more than 10,000 feet in high.

The population of Nagano Prefecture is about 2.2 million. One of Japan's greatest agricultural places, Nagano is blessed by nature.

A variety of fruits, vegetables and flowers are harvested there. Nagano is especially famous for its apples.

Nagano also has many factories that produce everything from computers to camera parts. This prefecture exports many of its products to southeast Asia and the United States.

NAGANO 1998

Nagano changes with the seasons, and each season has its own special beauty that attracts millions of tourists each year. People go to Nagano to enjoy its natural beauty, climbing the Japan Alps in summer and skiing on them in winter.

Nagano also boasts 166 hot springs — more than anywhere else in Japan except the northern island of Hokkaido. Most of the hot springs have clear water, and people, especially in the winter time, enjoy soaking in the hot springs after skiing.

Blessed by these environmental circumstances, Nagano Prefecture was chosen in 1991 to host the 1998 Winter Games at the International Olympic Committee meeting held in Birmingham, England.

As the Olympics approach, rumors involving Japanese currency have gone around; for example, the media said Japan accepted a bribe to give up hosting the Olympics. Also, Nagano Prefecture was asked to cut down parts of Japan's national park to make one ski field bigger.

However, for many years, people from not only Japan but also around the world have made elaborate preparations to make a success of the 1998 Winter Olympics.

The Winter Olympics include seven sports and 68 events. Snowboarding, curling and women's ice hockey are the new events in this year's Olympics.

The Nagano Olympics began on Feb. 7 with the ringing of the bell at Zenkoji, a temple in Nagano, and other bells all around the world.

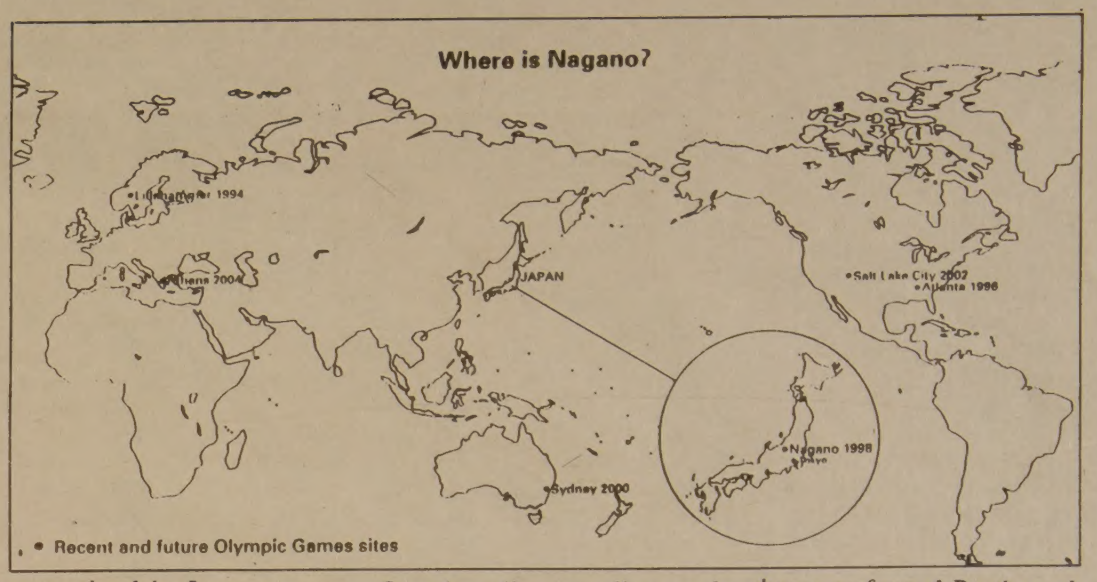
At the opening ceremony, children from Nagano City danced while dressed as "snow sprites." Then, the athletes made their appearances.

After speeches to welcome the competitors and the lighting of the Olympic flame, an orchestra and chorus performed Beethoven's "Ode to Joy."

A satellite linked the singers on five countries — China, South Africa, Germany, the United States, and Australia — to match the five Olympic rings.

The Olympics are a special time people from around the world get together through the playing of sports.

During those two weeks, there will be again new friendships made in Nagano.



Internet new travel agency

By JONATHON NARVEY
Staff Writer

If you are planning to travel, try using a computer to plan your trip.

The Internet has thousands of Web sites relating to travel. Using one of many search engines, such as *Travelocity at Yahoo!*, you can obtain anything from detailed street maps of Vancouver, B.C., to information on safari companies in Africa.

Maps and information on virtually any area in the world are available. Travellers may also check flight schedules and reserve tickets, hotels or rental cars at the Air Canada site or one of many others.

Many travellers do not make use of these Web sites.

"People are afraid to book flights or send money or (use) credit card numbers on a computer," said Leanna Villella, owner of Uniglobe Rose City Travel in Seaway Mall.

"We've had an on-line booking service running for a year now, and nobody has used it," said Villella, who has owned the outlet for 12 years.

"Lots of people look up information on it, but that's all."

Villella explained why most customers will probably continue to use travel agents, even as computer travel services become more available to them. "Personal contact still makes up over 70 per cent of our business. It's hard enough for customers to part with their money when they can place a face to it.

'The information on the Internet is only as accurate as the people who input it.'
— Leanna Villella

"Besides, our services are free. As long as people can just walk into a travel agency and get one of us to help them with their travel plans, most people will continue to do that," Villella said.

While people are increasingly getting travel information from computer sources, they should be careful about how accurate it is. Just like any medium, "the information on the Internet is only as accurate as the people who input it," said Villella.

Petra Cuddy, a travel agent at Rose City Travel in the Seaway Mall, gives vacation advice.
Photo by Jonathon Narvey

Travel by CD-ROM

By SARAH TAMMI
Staff Writer

Seeing the world is easy if you have the time and money. However, hearing and understanding the world can be much more difficult.

Easy Language 17 Language Edition is a CD-ROM by the company IMSI. All you need is a computer to learn the languages of the world, as long as your computer isn't a dinosaur. Be sure to read the system requirements on the box.

Start by choosing your native language. There are seven choices: English (US or UK), Spanish (Spain or Latin America), French, German and Italian. Afterwards, choose the language you wish to learn. You can choose from Spanish, French, German, English, Italian, Greek, Danish, Dutch, Russian, Portuguese, Japanese, Chinese, Korean, Thai, Indonesian, Hebrew and Arabic.

Your only problem may be deciding which one to start with. **Easy Language** provides full instructions and offers 20 topic categories in each language. You'll learn to recognize and pronounce words and phrases (tests are optional).

It also has a dictionary if you want the translation of a specific word. A facts option will tell you about each country, complete with a slide show.

'Easy Language is interesting, fun and, of course, easy.'
— Sarah Tammi

After using **Easy Language** you most likely won't be fluent in German or Italian, but it's perfect for giving you an extra edge when you travel.

Whether you're planning a trip around the world or just want to understand what your grandfather is saying when he slips into his native tongue, **Easy Language** is interesting, fun and, of course, easy.

Spend quality time together on Valentine's Day

By ANDREW HALL
Staff Writer

As Valentine's Day approaches, it is for some a chance to have a little time alone with a significant other, while for others it is a time to spend money.

It happens every year, about this same time.

People start to worry about the answer to this question: "What can I buy that is better than last year's gift?"

I ask you, why must we bother?

Valentine's Day holds a deep meaning for most people, but why must an expression of love for another be manifested in the form of some expensive trinket?

The holiday has become corrupted from its originally pure form. When two people are in a relationship, of any kind, time together is one of the most important things they can share. The place where they do it matters not. It is the time itself that counts.

I, personally, would rather stay in, cook dinner for my girlfriend, perhaps kick my roommate out and generally spend some quality time with her.

In essence, the time we share is our gift to each other. If we had gone to an expensive restaurant, we would not have the privacy that makes the evening special.

Travel

Toronto appealing venue for pottery

By SARAH TAMMI
Staff Writer

Nothing of worth comes easily.

Timothy Keast Leuschen is an artist and his love is pottery.

He creates "functional wares," such as bowls, mugs, planters and vases. Most of his work is hand built, with some wheelwork, and hand decorated, even though he was trained as a production potter.

"I wanted to be more of an artist," said Leuschen. "I wanted one-of-a-kind pieces opposed to one big production line."

Leuschen sells his work and teaches pottery classes at his studio. He also works part-time at a bank, but hopes he will soon be able to live working at his craft full-time.

Leuschen, 39, was born and raised in Sudbury, Ont. Like many young people he wanted more than his hometown had to offer.

He now lives in Toronto, Ont. and has for almost all of the past 18 years.

"I wanted to get out," said Leuschen. "Sudbury was too small art-wise for me."

Leuschen first became interested in pottery back in high school and wanted to pursue that interest.

"I knew I wanted to do some sort of arts program, but my parents wouldn't let me," said Leuschen.

"They said there was no career in art."

Taking the advice of his parents Leuschen enrolled at Canadore College in North Bay. He began courses in accounting and marketing, which he found boring.

"Two months into the program I came across a demonstration from the Crafts and Design program," said Leuschen.

He immediately began taking night classes in pottery.

"By the end of November I had dropped all my (business) courses and started in Crafts and Design (program)."

In second semester he worked hard to catch up and eventually he "passed the students that started in September."

The following year Canadore College canceled the Crafts and Design program and Leuschen returned to Sudbury and completed his program at Cambrian College.

In 1980, less than a year after graduation, Leuschen moved to Toronto. He worked a full-time job and was also working part-time out of the Spiral Pottery Studio.

In the late '80s, after living a short while in Kitchener, Leuschen moved back to Toronto and took a job with The Royal Bank.

"The 80s (was) a bad year for everyone," said Leuschen. "Pottery wasn't selling, so I put my pottery aside for a while."

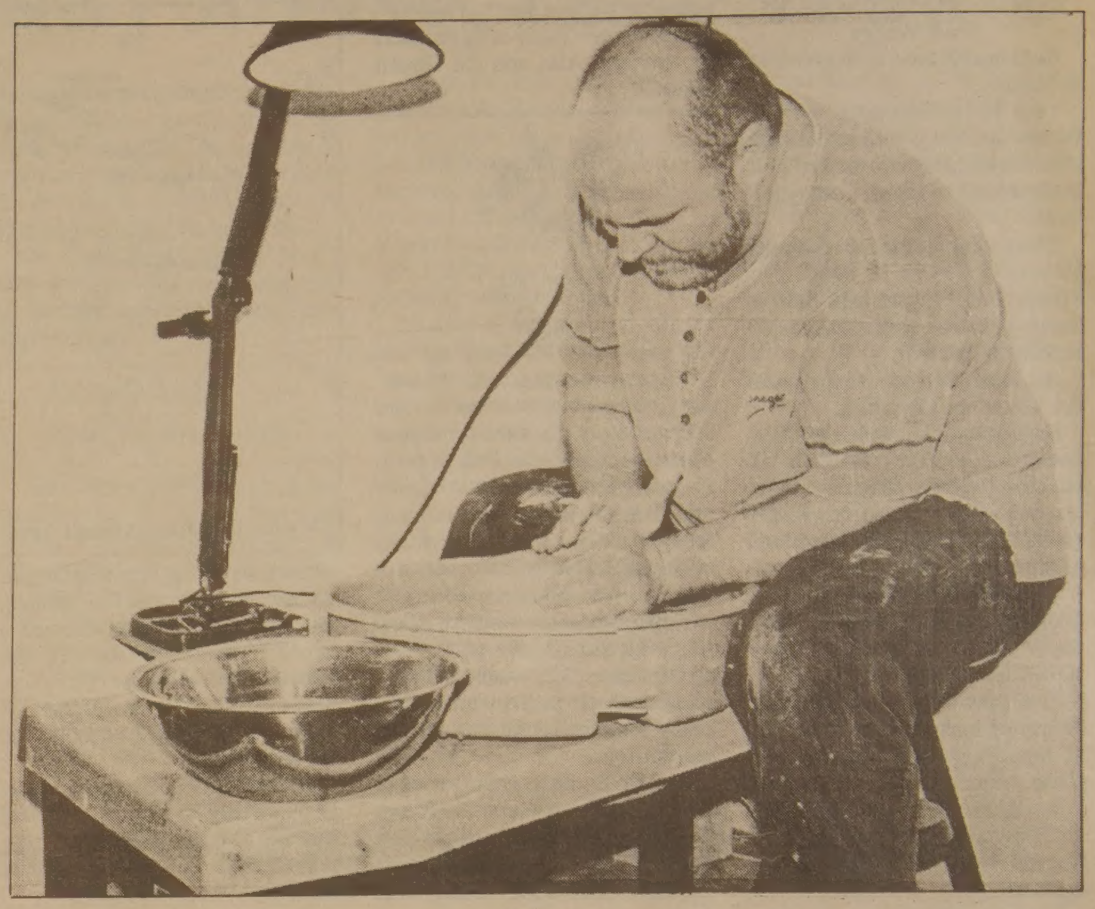
"A while" turned out to be seven years and by that time life on the job wasn't going well.

"I got caught up in the politics at the bank (and) being an artist this wasn't healthy for my mind, body and soul."

Leuschen left the bank and began travelling. In the summer of 1995 he ended up in Martha's Vineyard, where he worked for a potter named Geoffrey Borr.

"This renewed my drive to get my pottery going again," said Leuschen.

Today he shares studio space with two other potters on Niagara Street in Toronto.



Timothy Keast Leuschen sits at his wheel and throws a pot in his studio on Niagara Street in Toronto.
Photo by Sarah Tammi

Somewhere Hot! Hot! Hot!

By BRENDA BEAVEN
Staff Writer

Reading week is here again.

Travelling during reading week is a tradition for most students. Every year travel agents go through their records and book vacations for students.

The hot spots this year include the Dominican Republic, Cuba and Mexico, said Stacey Wilson, of the Peninsula Travel, American Express agency in St. Catharines.

Wilson said these spots are popular because of the price and there are a lot of younger people there. They're a "major party area."

The best time to book, Wilson said, is before Christmas when the prices come out in November, she said, adding its costs about $900 to go to Mexico and up to $1,000 to go to the Dominican Republic.

The Sunflight catalogue gives a good overview of places to visit and a price list. Prices in the book for Mexico range from $395 to $925, these include seven nights at selected hotels a person, plus airfare.

G.A.P. Adventures

Take a break!

By KAREN GELLATLY
Staff Writer

Forget the beach. Go on an African safari.

G.A.P. Adventures is a Toronto-based travel agency that opened in 1991.

Bruce Poon Tip, 30, of Toronto, started the agency with Anita Voth. He says he was "frustrated with the stagnant travel industry."

The goal of G.A.P. was to make tours that were environmentally and culturally sensitive. G.A.P. was named Canada's fourth fastest growing company by Profit 100. It was the only travel company in the top 100 companies.

G.A.P. is a small group adventure travel company with 42 employees, and sells in 21 countries around the world. Although a Canadian company, only 10 per cent of G.A.P.'s customers are Canadian.

"The oldest person in the office is 32," said Aleksandra Mirkovic, 23, of Mississauga, sales co-ordinator for the company. "The people here are so experienced. People have taken three years off to travel. One took a few years to teach in Japan. We have a former cartoonist and a published author."

'. . .fourth fastest growing company. . .'

G.A.P. is located on Dupont Street in Toronto, with other offices in Calgary and members in South America. Tours offered include Canada and Alaska, southeast Asia, India, South and Central America, the United States and Australia.

All trips are filled with itineraries focusing on taking the traveller where he or she never expected to go.

Visas, don't leave without them

By MINAKO YAMAGUCHI
Staff Writer

Put not only your passport but also a visa into your suitcase.

When people go abroad, they are required to get a visitor visa on their passports.

However, they don't usually become aware of how important visas are until they travel abroad.

A passport is a travel document that identifies the holder as a citizen of the country by which it is issued.

A passport also requests other countries to give the holder safe passage, lawful aid and protection.

Usually, the holder must have a visa from the country the holder desires to visit before entry into that country is permitted.

A visa is an endorsement that government officials place on a passport to show the passport is valid. The officials of the country a traveller is entering grant the visa. It certifies that the passport has been examined and approved. That country may also refuse to grant the person a visa if officials do not want the person to enter.

Every single person is called a citizen of the world, but, in reality, a visa makes people realize they are not yet the same.

Countless numbers of people have died in wars caused by national pride and boundary disputes. For the most part, national borders became fixed.

Since then, each country or region has built up its own distinguishing characteristics, such as history, society, political philosophy, economy, language, food, customs, culture, lifestyle and so on.

Each nation should be proud of these national characteristics.

As the world becomes smaller, there is no country standing independently, and co-operation between countries is needed.

However, when people try to enter a country, there is always tension at the border.

It's not only because the visitor looks like a suspect for immigration officials to let the visitor enter the country.

'Every single person is called a citizen of the world. . .'

It's also because the officials have the mission to prevent anyone coming into the country and ruining its order.

There's still racial discrimination at border checkpoints. Immigration officials sometimes judge the visitor's appearance and refuse to grant the person a visa. That person is not allowed to stay in the country.

A passport and visa are made from nothing but paper, but these documents are the most important documents needed to travel abroad.

In the long run, people should be able to travel anywhere in the world without any documents.